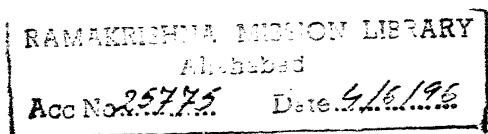


HEALTH SECRETS OF ALL AGES

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FOREWORD

I OFFER no apologies when I claim that the health secrets outlined within these covers are worth more than all the material wealth the world has to offer.

Nature abounds with "leaves of healing," and when the game of Life is played according to the rules, happiness and prosperity follow as a natural sequence. Some may argue that I am merely advocating the application of common sense, but I would remind such that in this modern world of ours common sense is usually conspicuous by its absence.

I have gleaned from the wisdom of the Ages, and have endeavoured to set forth in clear and simple language tested and proven methods that will bring Life's greatest blessings surely and positively, *if you have the courage and the will to apply them, and to work out your own salvation.*

ERIC F. W. POWELL, D.Sc.

PREFACE TO SECOND EDITION

THIS little book has proved itself to be a real physician in the home. Hundreds of letters of appreciation have been received, many people claiming to have saved the lives of relatives and friends by adopting the health hints and employing the recipes. Even cases sent home from hospital "to die" have been restored to health. This second edition contains much additional matter, and several improvements have been made.

ERIC F. W. POWELL, D.Sc.

CHAPTER ONE

KNOW THYSELF

THE secret of health and happiness has been lost to mankind because the natural intelligence of the people in general has been warped and doped by the disease of civilisation. It must be remembered that *health is the natural state of man* : the sure reward of living in harmony with the laws of Nature. Disease (lack of ease) is the result of ignorance : it follows in the wake of fear and the insane habits of Life which are (terrible thought) regarded as the natural mode of living. Long ago the cry was heard : "My people perish through lack of knowledge," and it is even so to-day. Centuries of so-called progress seem to have contributed but little to the problem of how to live in a state of health from birth until death. Medical science seeks its remedies in filthy animal extracts and obnoxious serums, but disease remains with us. Effects are tinkered with; causes remain untouched. True, certain enlightened souls have given us of their inspired wisdom from time to time, and there have been brighter periods, but in the main darkness still covers the earth and gross darkness the people.

All thinkers agree that man is the masterpiece of creative intelligence. *He is the culmination of all creative processes, of every creative force and impulse, and of every manifestation of intelligence from the time when "the Morning Stars sang together" until now.* Think what this means ! It implies that within every human soul there lies

the possibility of absolute health, of full and radiant happiness and of unlimited achievements ! Moreover, this is no mere metaphysical idea : it is as far removed from the illusionary as is the east from the west ; the fact that man is the physical manifestation of all the intelligences of Nature is acknowledged by all scientists and philosophers, as well as by world-famed spiritual teachers of all ages, who have intuitively seen man as being “in the image of God.”

MAN LIMITED

When man considers himself a very restricted and limited being—a miserable sinner—his organism tends to take on the nature of his thoughts and we behold a dull, doubting, impotent creature : the very antithesis of what Nature intended him to be ; as he thinks in his heart so he is, and instead of a radiant being full of vigour and infectious happiness we see sorrow personified. And, unfortunately, he creates a morbid atmosphere and stifles the lives of those with whom he is in contact ; for human beings, unless of a very positive nature, tend to take on the nature of their environment.

Let me remind the religious person who takes an unhealthy delight in his misfortunes, that if he has one iota of the faith that he talks so much about but rarely demonstrates, he will remember that *a living faith means that all sins are forgotten*. The God of all Life and Beauty has provided means whereby all that is undesirable is remembered no more, and the person with a real, vital faith stands clean and wholesome before his God. The genuine Christian should be the finest example of CONFIDENCE and of HAPPINESS. I make these remarks because it is about time that Christians began to follow in the footsteps of their

Master and practised the Illuminated Life that Christianity proclaims. To the Christian who persists in considering himself a shameful sinner the teachings of the great Master have availed nothing: he has neither faith nor hope in God, nor in humanity as being the work of God.

MAN UNLIMITED

The man with a living faith in the Infinite Intelligence that has designed all things will realise his possibilities: he will know that "perfect love casteth out fear" and grasp the meaning of the profound yet simple wisdom of the age-old teaching that "the kingdom of heaven is within." Within the realm of his own thought he will see God, and he will recognise in his body the temple of God; he will make of his mental and physical talents instruments for the Divine Will and prove to those around him that "with God all things are possible."

With the individual who does not care to take a spiritual view I do not wish to argue, although I would remind him that many of the leading scientists of the day have reached a stage where they stand in awe and wonder at the majesty of a Creative Power that cannot be denied; those who are in that position are the truly clever; the pseudo-clever always take a much longer time to arrive at reality. If you object to a theological conception of God, then take the scientific view: man is the supreme animal possessing unlimited resources within his own being. In any case FAITH is the thing: faith in God or in the Intelligences of Nature—faith in yourself! With the right mental attitude to Life man becomes unlimited, and he progresses on every plane of his being with the precision of a ray of light.

WHAT IS MAN?

"Man's chief aim is to know God and to enjoy Him," literally means that his chief object in Life is to understand himself, for you will only understand God by gaining an accurate knowledge of God's fleshly image. Bear in mind the fact that man is the focalisation of all creative intelligence, and then remember that he is a triune being with physical, spiritual (emotional) and intellectual departments in his make-up. *Life is expression*, and absolute health is obtainable only when you express yourself normally on all three planes of your being. One-sided expression fails to bring complete happiness in this life, and rarely, if ever, leads to material success. The ideal example of humanity is he who is physically perfect, spiritually enlightened (i.e. emotionally balanced and artistically alive) and intellectually vital. To express on the physical plane only emphasizes the brute; unbalanced spiritual expression proclaims the religious fanatic; or, on the other hand, a lack of spiritual force denotes the cold, calculating un-feeling type who sees no beauty in anything; expression on the intellectual plane at the total expense of spirituality produces the one-sided genius, who may be right sometimes, but who (as history shows) is usually very wrong. All three qualities must find expression to produce the ideal life, although it is in the nature of things that each individual will demonstrate more on one plane than on the others.

A study of basic diagnosis is most helpful to the study of man, and this subject is discussed in more detail in my book "BALANCE," which also gives my views on the origin and destiny of the human race. To know your type (base) enables you to forge ahead in all matters pertaining to life and health. Be sure of this: the successful man is he who has the ability to put

into operation the awakened intelligence he possesses. To know is good; to know and be able to apply one's knowledge is still better. Perhaps the main thing that is wrong with the world to-day is that so much is known but so very few are able to apply their knowledge constructively and for the benefit of all.

THE FIRST STEP

The first essential in Life is to understand yourself, especially so that you may be enabled to acquire a vital brain and an active responsive body. Scientists agree that *the human organism is a mental machine functioning on air*. I wish to emphasize this because everything depends on your understanding that *your machine is a mental one ; that thought is all-powerful, and that as you think so you are*. Also, a point to be kept continually in mind is that *this human apparatus under your control functions on air and not on anything else*.

Biologists agree that there appears to be no law limiting Life in the human organism. You are so constructed that if your tissues and organs could be kept free from morbid accumulations you would live for ever ! True, nobody wants to live for a hundred years, let alone for ever, in a state of ill health; but to the vital, joyous person Life is always sweet and desirable. Another most important fact is this : *THE BODY IS SELF-CURATIVE, and under proper conditions no disorder exists that cannot be eliminated through the application of faith (confidence in your mind and in your bodily machine) and works (living in harmony with natural law)*. Grasp these essential facts (for facts they are) and you will have taken the first step towards health and prosperity. Within your wonderful organism resides the

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seed of perfection and the absolute means whereby that seed can grow and permeate the whole of you, so that all imperfections may become as a hazy nightmare of the past and the future shine before you with the glory of an exalted life.

CHAPTER TWO

WHAT IS DISEASE ?

DISEASE is a morbid condition of the organism in which the blood is found to be chemically unbalanced and impure. As a result of the pathological (disease producing) condition of the blood the tissues and organs are impregnated with substances foreign to them. In other words: disease is a condition where the system is poisoned, and according to the locality of the poisons (toxins) so the disorder is named. These destructive substances always find their way to the weakest organ (where physical resistance is lowest); thus, while the CAUSE of disease is always the same from the chemical standpoint, there will be various manifestations : one will suffer from kidney disorders, another from digestive disturbances, others will exhibit nervous disorders and so forth. In disease there is always a lack of mental and physical harmony.

Germes are not in themselves the cause of disease. Even the highest medical authorities now admit that too much attention has been paid to germs and not nearly enough to the morbid ground upon which germ life breeds and thrives. Biochemists have proved that pure blood is the finest germicide, and it is impossible for the type of bacteria associated with disease to exist in an organism nourished by pure, chemically balanced blood. The cause of disease conditions lies in the morbid accumulations within the body, therefore the cure lies in removing these pathological materials and

restoring the life stream to a state of chemical normality.

ELIMINATION

While there is but one entrance for substances that clog the body (the mouth) Nature has provided four channels of elimination; lungs, skin, kidneys and the exit from the bowels. In spite of the fact that there are four ways by which poisons and used materials leave the body, obstructions persist, and disease in one form or another manifests in due course. Nature makes repeated efforts to cleanse and free the body from obstructions and these eliminative efforts are the acute diseases to which people are subject, e.g. colds, fevers, diarrhoea, skin eruptions. Every acute disease is a healing effort on the part of Nature, and every change that takes place in the organism is an effort towards producing the normal. Naturally the system becomes weakened by oft-repeated cleansing efforts, and in time the weakened organism can no longer throw off the torrent of waste matter effectively; then it is that chronic disorders establish themselves.

In the past medical science has endeavoured to suppress Nature's healing efforts, and drugs have been given which interfere with the natural processes of elimination. Instead of seeking underlying causes, effects (eliminative efforts—self-cleansing processes) have been treated(?), and while such suppressive treatment sometimes deadens pain and changes symptoms, it is opposed to natural law and ends by adding still further to the actual cause of bodily ailments. You cannot destroy evil with evil, yet the drugs and serums of orthodoxy are a deliberate attempt to cast out the devil by devilish means. The only medical substances that can cure are those that are natural to the body

itself: elements found in natural foods and herbs which are similar to the vital salts and tissue building substances found within a normal, healthy constitution.

THE POISON FACTORIES

There are two main places where poisons are manufactured: the stomach and the lower intestines, although the latter (the large bowel) is the main source of auto-intoxication (self-poisoning). Sir William Arbuthnot Lane, one of the greatest surgeons, health teachers and thinkers, found that when he had removed the large bowel, or colon, by surgical means the patient always enjoyed a greater degree of health than formerly; some even seemed to be rejuvenated. However, cutting out the colon does not bring permanent health; the later effects are not so good. The point is: why does the removal of the colon result in better health and spirits for the time being in the majority of cases? Scientific investigators have proved that the reason is that the large bowel in most civilised people has degenerated into nothing more than a poison factory in which hosts of harmful bacteria breed and thrive on the morbid soil found in that part of the anatomy.

Nature has made no mistake in providing the colon, any more than she has done in the case of the appendix and the tonsils: all are vital and important organs evolved for a purpose, the two latter being de-toxicating (poison-removing) organs. Actually the large lower bowel is a sort of extra stomach where the salts from the roughage of vegetable and grain foods are assimilated. Minus a colon people would soon suffer from disorders due to silica starvation, to mention but one of several important salts which are absorbed through the minute organs situated in the lining of the

bowel. Man has the colon of the ape family and yet he seeks to live on a diet suited to the intestines of a dog. There are many physiological reasons to prove that Nature intended man to feed on the produce of the vegetable kingdom: he has the liver and the assimilative organs of the vegetarian animals, and he is not biologically adapted to deal with flesh foods.

WHERE EVIL BEGINS

Feeding on excessive quantities of badly masticated food turns the stomach into a sort of cess-pool. It is here, in the stomach, that the evil begins, and the foul gases from the decaying food substances that have been held up in the stomach are sufficient in themselves to cause catarrh, headaches and mental and physical depression. When, eventually, the partly digested food reaches the intestines it is not in a fit state for the further processes through which it has to pass. Nature does what she can, but continual violation of the laws of Life must meet with a penalty: "we reap as we sow." As the food substances are not in a fit condition to pass through the ensuing stages in the natural manner a further hold up takes place: Nature retains the food and tries to extract from it what is not there, fails to do so, and constipation results. The bowel becomes impacted with filth and before it is passed off some of the poisons are absorbed into the system. There, in a few brief words, I have explained how physical diseases have their origin and how the system becomes poisoned.

While wrong and excessive feeding is the main cause of systemic poisoning I must point out that toxins are also manufactured within the body by worry and evil thinking. Of course, when the body is pure and healthy it is much easier to think good thoughts and

to avoid morbid emotions. When sick, depressing thoughts tend to crowd the mind, thus one bad thing leads to another until a vicious circle is formed: body reacts on mind and mind reacts on body. Also, to indulge in weakening and insane habits lowers the vitality, and when vitality is low the eliminative organs do not accomplish their work so thoroughly. Poor functional activity on the part of these organs means that poisons are retained; not only toxins that may have been absorbed from the intestines, but also the waste products of metabolism (the process of breaking down and renewing of tissues) which in the ordinary way are dealt with by the organs of respiration, the skin and the kidneys.

The way to combat disease is not with drugs and mysterious formulae, but to observe natural law and play the game of Life according to the rules. The essential steps are :

1. Promote speedy elimination of body poisons.
2. Build vitality with natural foods and biological remedies.
3. THINK HEALTH !—BE HAPPY !—BE ACTIVE !

CHAPTER THREE

WHAT IS HEALTH ?

When thinking is easy; when you can concentrate without difficulty and solve your problems as they turn up; when you are not conscious that you have a body; when you are free from aches and all physical distress; when you can stand, walk and run without being aware of your own weight; when you see beauty all about you; when living is a sheer joy—then you are in a state of health. Health is the natural state of man, and there is only one person to blame for a lack of it; YOU ! While weakly ancestors may have been responsible to a degree for handing you a weakly body and a sluggish glandular system, it lies within your own power to throw off all ancestral taints and ties, and by practical self-help to build a healthy, responsive physical machine. It can be done; it has been done; even in cases where all hope of life has been lost. If others have done it so can you: this little book points the way; so THINK HEALTH! BE HAPPY! BE ACTIVE!

In order for a condition of perfect harmony to exist between mind and body (for health is harmony) it is necessary for you to *make up your mind that you will get well.* As I have stated previously, elimination is essential: before you can build a healthy organism you must clear away the rubbish and prepare the ground for a re-building process, otherwise labour will be in vain. The chapters following will tell you how to cleanse and purify your body : breathing,

fasting, curative herbs and other methods will accomplish this important work with certainty so long as you keep up your determination to attain your objective. The will to win gets the prize.

FROM SORROW TO JOY

Once your system has received a thorough spring-cleaning you will be able to note the gradual but sure return to well-being that follows your efforts. To feed on pure food and care for your body need not be a trying experience. Much the reverse: great pleasure can be derived from doing that which is good; the whole pathway from disease to health can be one that grows more interesting and more joyful as each day and week records the undeniable evidence of battles won and progress gained. Of course, patience is necessary. It takes years to become chronically ill, and health cannot be expected to return in a week or so: that is not Nature's way. The way of Nature is slow, but it is sure and it is permanent. It takes time for the seed to grow unto the majesty of the mature tree, but it does happen because the seed *must grow*—it cannot do otherwise. Chapter ten has been especially written to give you the necessary courage, so read it through carefully; read it several times until you feel thoroughly enthused with the spirit of a conqueror.

HEALTH THROUGH THE AGES

In this old world great civilisations have come and gone. They have sprung into being as a result of the positive thought of their peoples, and also because of their vital mental and physical abilities. When they failed, and when their power dwindled, it was due to one main fault: they neglected their health. When the

individual units that go to make up a nation become mentally and physically depraved; when they become so drunk with power that they lose sight of the simple but essential facts of Life; when their wealth leads them away from plain living to scented gluttony; then it is that the entire nation gradually falls into decay. The law of cause and effect comes continually into the drama of Life, whether it be of a man or of a nation. The story of some of the greatest of the civilisations of the past has been lost to ordinary history, but many records have been kept by thoughtful, far-seeing men. Of all the wisdom handed down that concerning the attainment and preservation of good health is the most interesting and important.

HEALTH IS MINE!

The most striking thing about all the genuine health teaching and philosophy, both of ancient and modern times, is the degree of stress laid on the necessity for self-help. Health cannot be swallowed from a drug bottle, neither can it be injected into the tissues; it cannot be made to flow through the organism from some elaborate electrical apparatus with a high-sounding name, neither can it be absorbed from a bath of medicated water. The most that the best of such measures can bring about is a certain degree of stimulation, and even the stimulation is not permanent unless steps are taken to free the body from poisonous matter and supply the blood with actual health-building elements.

The public is bombarded on every side by advertisements holding forth cures for this and for that. As a rule a man spends his money, and all he receives in return is a dose of imagination. Having paid so much money he imagines that the medicine or the machine

must be good. I have in mind a certain remedy that is sold to weak men : it is supposed to rejuvenate the nerves and the spine and restore youth. You can obtain a box for the modest sum of 5/-, but if that is not satisfactory you are advised to try double-strength for 10/-, or, a most extra special strength for two guineas. Analysis reveals that all the "strengths" are the same. Thus is the public fooled by money grabbers, and it deserves to be fooled. When a little more time is spent to the application of common sense the days of the dud remedy will be numbered. That time is not yet, but God speed the day !

All the means whereby health can be attained lie within your own organism. All the remedial aids you need are round and about you in full measure, many of them without money and without price. But, health will come to you only when you are willing to work for it. Do the right thing by living the life of an awakened soul and all things necessary to happiness will be showered upon you; then you will be able to say, with conviction, "Health is wealth: that wealth is mine."

CHAPTER FOUR

BREATH IS LIFE !

I HAVE asked you to keep in mind the great truth that the human engine is a *mental* one, and that it functions on *air*. While food aids in the work of repairing broken down tissues and in stimulating bodily activities, fresh air is the actual life-giving substance on which you exist. You can fast for several weeks under certain conditions; you can live without water for a matter of days when necessary ; *you can go without air for a matter of two or three minutes only*, hence the obvious importance of fresh air to the human organism. The value of air is so very real that, like many vital things in Life, it is overlooked; yet kind Nature has supplied you with a super-abundance of the essential things: air, light, water and the simple produce of the soil. Beyond these things people should need no other remedies; in fact, I may say that *air will cure anything* if it is inhaled with understanding. Unfortunately, people do not care to take themselves to task sufficiently to prove these contentions, hence other remedies are necessary.

MY DISCOVERY

I have spent years trying to evolve a herbal or a bio-chemic formula that would rejuvenate, and accomplish its work speedily. I have remained until the small hours of the morning working in my laboratory, blending and testing. I have succeeded in producing

some really excellent substances of a purely natural, biological nature, and have proved their effectiveness time and time again; but, I HAVE NEVER FOUND ANY COMPOUND THAT WILL ACCOMPLISH ONE HUNDREDTH PART OF THE REJUVENATING EFFECTS FRESH AIR WILL PRODUCE WHEN IT HAS BEEN CONSCIOUSLY AND RHYTHMICALLY INBREATHED. Moreover, although some of my potentised fresh plant juices and combinations will sometimes produce the most amazing and unexpectedly good results, they always take time, whereas *fresh air will act within a few minutes — sometimes almost immediately.* Of course, in chronic conditions time is necessary, but even here deep breathing will speed up a cure and assist greatly any other healing method employed. In many serious cases a cure cannot be expected unless breathing exercises are indulged in, and it sometimes happens that no other remedy is necessary. When physically and mentally tired and depleted through overwork, breathing is my own remedy, and I have proved its value beyond any possibility of doubt. Within five minutes I have transformed myself from a weary man into a vigorous personality, and gone on the lecture platform to expound my theories to an appreciative audience. As with all things, the proof lies in the practice.

Do not raise a silly objection and tell me that you breathe every day: of course you do; but how? Biologists have discovered that the average man uses about one-third of his lung power in the act of breathing: that means that only one-third of the proper amount of oxygen enters the organism with every inhalation. The result is that he is oxygen-starved. Another point: the exhalations are also weak and ineffective, so that the waste matter thrown off from the lungs in the form of pathological gas is very much less than it should be.

Here is one great reason why people become ill : *oxygen, besides being the only true brain and nerve food, is the gas used by Nature to burn up poisons in the body ;* a poor intake of oxygen results in the retention of poisonous accumulations within the blood and tissues, concerning which I have already written. The out-breathing being equally ineffective, the poisons are not carried off in the manner in which they should be. Here you see two decided reasons why self-poisoning takes place, and the cause in both instances is one : faulty breathing.

HIDDEN VITALITY

Besides oxygen there are other subtle elements found in fresh air that cannot be detected by the usual methods, but which scientists know are present because of their effects on Life. Air can be manufactured artificially, but it will not sustain either plant or animal life, because these mysterious elements are missing. Eastern teachers have given various names to these elements, but as it is not my purpose to enter into metaphysics, I merely state that their presence is well known and that they are part of the secret of Life. God is Breath (Spirit), and in their breathing exercises they consciously draw the Spirit into their beings. Breath may be said to be the Essence of Life, and it is the most vital factor in the art of health. It matters not whether you apply the metaphysical idea or the coldly scientific mind to the question, the end is the same: BREATH IS LIFE.

In order to enjoy better health of mind and of body; to be able to concentrate and work without fatigue; to make the joys of Life real and your very own, you must increase your breath rhythm. The average breath rhythm is three seconds (three in, three out), whereas

it should take seven seconds for the inhalation and seven for the exhalation: only then are the lungs normally active and the blood fully charged with the Life forces. By deep breathing alone a cold can be aborted and fevers cleared up rapidly, the reason being that more poison-destroying oxygen is being inhaled and the cause of the fever (the poisons) is exhaled speedily.

DIGESTION NORMALISED

Deep breathing activates the abdominal muscles and gives an internal massage to the organs of digestion: this means that the important processes of digestion and assimilation are improved. Breathing and a sensible diet should be sufficient to cure all cases of dyspepsia and constipation.

While the exercises may be taken at any time, or in any position, they have the best effect when the body is in a state of positive relaxation: the spine should be erect, the shoulders back and down, and the chin slightly in with the crown of the head high; then the lungs are not cramped and they react better to the conscious efforts. In time the consciously improved breath rhythm will become a sub-conscious habit, and by then you will know what it means to have constant vitality. Here are four excellent breathing exercises. The first is mainly to invigorate the mind; the second is intended to remove bodily fatigue and improve the functions of the important organs; the third and fourth are good in a general way, and may be indulged in at any time. Those too ill to stand or walk should do the exercises in bed, or in an easy chair. *Do not strain.* Weakly folk should start gradually: say, four or five seconds for each inhalation and a similar time for each exhalation. The constitutionally weak should also perform Nos. 1

and 2 with care and do them gently. As the lung power improves the rhythm will be increased with ease. Rhythm of seven exercises may be taken to the harmony of a suitable melody on the piano or gramophone. *Remember to breathe in and out through the nose.*

BREATHING EXERCISES

Do breathing exercises Nos. 1 and 2 in the morning before breakfast, and again at night before retiring.

- (1) Assume a comfortable sitting position; throw out the chest as much as possible and keep it there; any muscular movement must be confined to the abdomen.

While in this position relax every part of the body and be at ease. Let the hands rest on the knees. Set the tip of the tongue firmly against the lower teeth.

Empty the lungs and then inhale slowly, gently and evenly through the nose until you feel you cannot inhale any more.

Now retain the breath while counting mentally up to ten, twenty or more, keeping relaxed the whole of the time.

Then exhale through the nose very slowly until the point of complete exhalation has been reached. Now inhale as before and endeavour to retain the breath a little longer. With practice you will find your powers of breath retention improving. The count of ten is sufficient for a start.

Repeat the exercise three to six times. NEVER STRAIN TOO MUCH.

This exercise strengthens the brain and nervous system and calms the mind.

- (2) Assume a comfortable sitting position, keeping the chest high.
Thoroughly relax and set the tip of the tongue against the lower teeth. Let the hands rest on the knees. Inhale fully, and then exhale slowly until you cannot possibly breathe out any more.
Keeping the lungs empty count mentally up to ten, twenty or more, keeping relaxed all the time.
Inhale and repeat as before three to six times.
As your lung power improves you will be able to count longer on the exhaled breath. Do not strain. This exercise vitalizes the blood, invigorates the organism, checks lung trouble, improves every part of the body and throws off systemic poisons.
- (3) Assume the position of positive relaxation (sitting, walking, or in bed) and breathe rhythmically in and out to the mental count of seven seconds: seven in—pause for the count of one—then seven out, and so on, pausing for the count of one at the end of each inhalation and exhalation. Do this at any convenient time for several minutes.
- (4) Position as above. Inhale through the nose with a series of sniffs until the lungs are full, then exhale slowly and repeat. When walking the sniffs should harmonise with the steps.

If you are not accustomed to deep breathing the extra intake of oxygen may make you a little dizzy at first. If it does, just pause for a moment or two, then start again.

THE OTHER LUNG

While there are two lungs behind the chest wall, another covers the whole of the body: the skin. This

"lung" is not only Nature's garment of protection, but it is a vast secretory and excretory organ. Air is actually inbreathed through the skin and large quantities of waste matter and systemic poisons are thrown off from the pores. Thus you see how important it is to keep your "third lung" in a healthy condition. There are records of people who have died from suffocation as a result of having their skins completely clogged. Few people have healthy skins: they clothe too much and shut out the invigorating air and light. Physicians have said that there is no disease that can be healed without the co-operation of the skin, and as I have previously pointed out, the skin is one of four important organs of elimination. You must invigorate your skin and allow it to breathe if you wish to give yourself every chance to become really healthy.

This will give you some idea of the wonders of the human skin: in it there are approximately:—

- 120 billion cells,
- 100 million organs of sense,
- 3 million nerve points,
- 2 million perspiratory glands,
- 400,000 points of pressure,
- 300,000 fat-yielding glands,
- 100,000 minute hairs,
- 300,000 feet of nerve tissue,
- 150,000 feet of veins.

The skin works in harmony with the kidneys, and when the latter are diseased the skin has greater work to do, and vice versa. The famous Red Indian Chief, Os-ke-non-ton, told me of the white doctor who visited a North American Indian tribe in the dead of winter. Muffled with furs the doctor could not understand why the Indians remained warm with little more than

loin cloths to cover them. He asked a young warrior if he were not cold, to which the fellow replied, "Is doctor's face cold?" "No!" said the doctor. "Indian all face," replied the brave. Yes, the skin covering the body should be as healthy as that covering the face, and a healthy skin is an exposed skin. Do not suddenly leave off clothes you have been accustomed to wear in the middle of the winter, but as summer comes along, leave off some of them gradually, and note the results. Less clothing compels you to breathe more deeply, and it is the breath that keep you warm. If you *must* have underclothing, wear that with a wide mesh so that the air can get to the body. It is now well known that the circulation of air next to the skin is necessary for the generation of warmth.

VITALIZING THE SKIN

Every morning, before your breathing exercises, give your skin a cold friction bath. Wet the body all over and slap yourself with your wet hands for a minute or two. The vigorous may use cold water; if weakly use it tepid. I do not advise plunging into a bath of cold water, certainly not in the winter. Those who have made a habit of it and are healthy may continue to do so, but as a general rule it is not advisable for most people. After the wet friction rub the hands should be moistened with a little sweet almond oil and the body well massaged until the oil has been absorbed. Almond oil nourishes the tissues and improves the texture of the skin; it also prevents the radiation of energy from the system. Olive oil may be used, but it is not so effective. So far as I know, all native tribes oil their bodies after bathing.

Hot baths are not good, and should be taken quickly,
followed by a cold or tepid friction and an oil rub.

Steam baths should only be taken by those with strong hearts.

An active skin is bound to result in better elimination, improved circulation, easier heart action, more bodily warmth in winter and greater coolness in summer, better nutrition, freedom from colds and catarrh and far better general health.

SUN BATHING

Sun bathing is good for the skin but it should only be indulged in very moderately. Native tribes avoid the sun as much as possible and you should take the hint from them. If they take care to protect their brown bodies, white people should take even greater precautions. Too much sun over-stimulates and does a great deal of harm. By studying Nature you will find that everything in life takes only as much as it needs to preserve and perpetuate itself. Human beings go to extremes: a few years ago everybody was afraid of the sun, now everybody is sun mad. While the latter is the lesser of two evils I am stating the verdict of those who have gone into the matter scientifically when I say that sun bathing should be taken gradually and in moderation.

CHAPTER FIVE

FEEDING FOR HEALTH

No one would accuse a wild animal of being a food fad, yet many people regard a man who feeds sensibly, as Nature intended he should, as being a crank. Of course, this is true of other matters besides the food question: if the world approves of a man's ideas he is a philosopher; if the ideas are not liked the man is a fool.

The daily meals of the average person are largely a matter of habit. I have known patients tell me that, "What was good enough for grandmother is good enough for me," but enquiry reveals that grandma was eaten up with rheumatism and died from heart disease instead of from old age. Civilisation has so warped human instincts that no one can trust the dictates of appetite, which in many instances is a disease in itself. "A little of what you fancy" does not always do you good, and a quantity of it may do incredible harm. I am not going to try and make you a food fanatic. I have met too many of such folk; believe me, I would rather be in the company of our animal brothers. To be always talking about diet, and what one may or may not eat, indicates a lack of mental balance: it suggests the neurotic. However, all should decide what is the proper kind of food to eat, and then keep to the rules and dismiss the subject. Constant talking about diet and one's ailments makes one body-conscious and, as I have said before, a healthy person

is not body-conscious: he is hardly aware that he has a body.

NATURE'S FOOD FOR MAN

A great deal of difference exists between the digestive and assimilative organism of the vegetarian and of the meat-eating animals, particularly so in the liver and intestines. The nature of the organs of a human being proclaims that he is undoubtedly designed by Nature to feed on vegetation and not on flesh foods. You may argue until you are tired, but this is a scientific truth, and facts are facts. Meat steadily poisons the system and produces a condition of toxæmia, causing diseases associated with acidity. Animal flesh is lacking in the most important of the vital mineral salts, and if you tried to live on flesh food alone you would soon pass out of this life. Calcium and silica (two most essential salts) are found in the bones and coats of animals: we cannot eat bones nor masticate hair or fur. The cat eats the whole of the mouse, thus getting her supply of these minerals; she also makes her meal immediately the animal has been killed before the decay of death has started in the tissues. When humans eat meat they are partaking of something denatured and that is crowded with the poisons that begin to form immediately after the animal's death. As to whether it is morally right to slay life in order to eat it is not my intention to discuss. I will leave it to you. I do suggest that if you visited a slaughter house, or had to kill all you ate yourself, you would probably become a vegetarian in a very short time.

FOOD THAT NOURISHES

The most important elements in foods are the mineral

salts: these salts (which are in the plant as a result of root-assimilation in the soil) are associated with oxygen and the vitamins, and are the elements which keep the blood in a normal condition and all the organs of the body working normally. Proteids, fats, starches, etc., all play a part, but without the presence of the mineral matter the body would soon decay. People take far too much starch as a rule, and certainly too much proteid (meat, fish, cheese, eggs). Proteids taken in excess gradually poison the system, thus causing disease to set in. In order to purify the blood and tissues, to lay the foundations for a new and a healthy body, elimination of these poisons must take place, and the cleansing work cannot take place if you continue to feed on clogging foods. Make no mistake, the real energy-giving foods are the plants and fruits which have absorbed the sun's rays. You may have noticed that the meat-eating animals do not live very long, while the vegetarians live to a good age, e.g. the elephant. In answer to those who say, "Eat beef and be as strong as the ox," I ask, "What made the ox strong?" Grass! that is the answer. The vegetarian gorilla will master a lion in combat with ease, but he will not eat his kill; he keeps the law of instinct.

Patients have told me that they would rather die than go without bacon and eggs for breakfast. What a pitiful state of mind to be in! A human being with amazing mental attributes, a god in the making, has to say that he would rather die than train his stomach to receive decent food! Of course such people must die, and die they do, and up to the last they try to make fun of those who use their brains in the matter and who live according to the law. I have known dozens of cases of so-called incurables cured by the simple method of eating to live instead of living to eat. God

is in the heart and not in the digestive organs, although one would imagine the latter to be His place of abode with most enlightened (?) people.

SALTS OF LIFE

The life processes depend on the presence within the body of the salts of calcium, potassium, sodium, magnesium, iron, phosphorus, sulphur, chlorine and silica; to mention those found easily by analysis. However, there are many others: gold, silver, copper, zinc, tin and every element found in mother earth is also to be found within the organism, and there is a special work for each element to perform. In some cases certain salts cannot work without the presence of others, so you can understand that a salt lack of one or more elements is sufficient to throw the entire chemical (glandular) processes of the body out of gear. Every disease is characterized by a lack of one or more of the mineral salts, or by a disturbance of their molecular balance. There can be no bone without calcium, no digestion without sodium, no circulation of oxygen without iron, no nervous action without phosphorus, no teeth, hair or nails without silica. Furthermore, you could not think without phosphorus and silica, and a deficiency of these salts results in brain and nervous disorders and in a lack of courage. The chemistry of the body is discussed in my books on Biochemistry, and I shall not go into it here except in so far as it is essential to mention certain points in order to make this little book of intelligent value.

The mineral salts are found in freshly gathered fruits and vegetables. They are also present in whole grain (not in white flour products), in nuts and in dried fruits and berries. Crude mineral drugs cannot possibly re-

place the highly organized minerals found in vegetation, and such medicines (?) only clog the system and tend to produce disturbances resulting finally in disease. No chemist can imitate the highly complex elements found in the germ of the wheat berry, and no compound chemist's manufacture could possibly replace it as a vital life food. As the salts are found in the germ and outer covering of the grain you will see how useless is white flour. The more simple your food, and the less it is "faked" by commercialism, the better it is for you. Wholemeal bread is a real food, while white bread is practically useless; in fact, taken to excess without the addition of other mineral-rich foods, white bread is dangerous. Rats fed exclusively on white flour have died within a month, while members of the same family have thrived on wholemeal.

All fruits, vegetables, nuts and grain should be gathered when fully ripe; only then are they ideal foods.

MASTICATION

Before food can be digested in the stomach it has to go through a special process in the mouth where it is prepared for the further stages prior to assimilation. Starches *must* be converted into sugar, and *this important function takes place in the mouth*, due to the action of the saliva mixing with the food. The act of chewing liberates saliva from the glands in the mouth. If you do not chew your food thoroughly and use your teeth (which are in your mouth and not in your stomach) the starches will not be converted properly: they will enter the stomach and hold up digestion; the contents of the stomach will become disagreeable and turn into a cess-pool; thus you get poison factory number one. When the imperfectly digested food enters the intestines it is not in a fit state to be assimilated;

there is a further hold up and eventually the lower bowel becomes charged with decaying substances, and there you have poison factory number two. So, you see clearly, that you must not only eat pure food: you must use your teeth and masticate it. One very great reason why a reformed diet does not seem to help some sufferers is owing to their refusal to masticate. *Natural food requires more chewing than the sticky, mushy concoctions found on the average table.* A tablespoonful of masticated food will do you good and will nourish you, while a large plateful badly chewed will accomplish nothing; in fact, it may cause indigestion. Actually the human body requires very little food, but what is eaten must be masticated, then it will nourish and stimulate in the proper manner.

Some of the greatest men the world has ever seen have been small eaters, spending considerable time over their meals. Many of them have been vegetarians. Some of our outstanding strong men and athletes are also non-flesh eaters. The world's great health experts are also food reformers.

THE SALIVA

The saliva not only converts starches into sugar, but it performs other important functions, and helps to prevent the contents of the stomach turning putrid. The act of chewing also strengthens the facial muscles and is better than all the face massage. Ladies should chew their food in order to retain the bloom of youth. Never eat with a dry mouth. The only true sign of hunger is when the saliva flows: when your mouth waters. Stomach sensations are only a result of habitual gorging; a drink of water will take away the feeling of emptiness. The normal size of an adult stomach

should not be larger than the owner's clenched fist; with many it is the size of a football. Excessive feeding stretches the walls of that organ and so weakens the muscles that it cannot churn the food as it should; here again you have another cause of indigestion and auto-intoxication. You do not require nearly so much food if you chew thoroughly everything you eat; do this and you will be taking a most vital step towards radiant health.

SOME CURATIVE PROPERTIES OF FOODS

ALMONDS.	A good nerve food.
APPLES.	Good for nerves, heart and brain. Aid digestion; are cooling in fevers and influenza; are antiseptic. Valuable in rheumatism. A good nerve food. May be eaten cooked by invalids.
ASPARAGUS.	Induces perspiration. Valuable in affections of the kidneys. Good for the heart.
BANANAS.	Good for the thin when baked.
BARLEY WATER.	Is splendid for inflammation of bladder and kidneys. Make from the <i>whole</i> barley.
BLACKBERRIES.	Are good for anæmia and all digestive disturbances.
CARROTS.	Good for asthma and dyspepsia. Valuable in anæmia. Help expel worms.
CAYENNE PODS.	The red pepper pod is a powerful and harmless stimulant. They can be added to any drink where a stimulant is needed to produce perspiration in a natural manner. Good for circulatory disorders. Splendid in colds and fevers.
CELERY.	Nervine. Excellent in kidney trouble and rheumatism. Seeds are exceptionally valuable in neurasthenia.
CURRANTS AND RAISINS.	Most valuable foods. Are cooling. Good for depression. Rich in iron.

- DANDELIONS.** Will cure most liver complaints if persisted with. Coffee can be made with the roasted roots. Cleanses the blood quickly and efficiently. Eat the leaves in salads.
- DATES, PRUNES, FIGS.** Good cleaners of the system. Help cure constipation. Enrich the blood.
- HORSERADISH.** Good for anæmia, liver disorders and debility.
- LEMONS.** A great antiseptic. Of immense value in fevers and colds. Deadly to all disease germs. Should be given freely in diphtheria, typhoid, cholera, etc.
- LETTUCE.** Good for insomnia. Rich in minerals.
- ONIONS AND GARLIC.** Sedative. Nervine. Good for insomnia. Clears and strengthens the voice. Good for colds. Antiseptic.
- ORANGES.** Similar to lemon but less powerful.
- OLIVE OIL.** Good in emulsified form for stomach troubles, constipation and "nerves." Should be used with lemon juice as a salad dressing.
- PARSLEY.** Tonic and blood cleanser. Ideal for the bladder and kidneys.
- PINEAPPLES.** Contains vegetable pepsin and is valuable in indigestion.
- SPINACH.** Exceptionally rich in mineral salts. A great body-builder and cleanser.
- STRAWBERRIES.** Good for anæmia, biliousness and rheumatism.
- TOMATOES.** Ideal for indigestion and liver trouble. When taken with salt will make alcoholic liquor undesirable.
- WATER CRESS.** Contains iron, sulphur, iodine, phosphorus and other valuable salts. Splendid for all blood diseases, rheumatism and nervous disorders. A valuable mental stimulant of great merit.
- WALNUTS.** An ideal brain food.

DIET RULES AND HINTS

- (1) Do not eat too many different kinds of food at one meal. Simplify your daily menu.
- (2) Do not eat too much or too frequently. (To do this tends to clog the system with morbid matter which is the physical cause of practically all disease.)
- (3) Do not partake of too much sugar and starch, such as the usual sugar in tea, coffee, etc.; cakes, puddings and fancy foods in the first instance; and too much bread, cake, custards and puddings in the second instance. White sugar must be omitted (See 10.) (These foods are clogging. They cause catarrh, acidity and nervous disorders.)
- (4) Do not eat flesh foods.
- (5) Do not partake of unnatural stimulating beverages (See 14). (The usual drinks indulged in are over-stimulating. In reality strong tea, coffee, meat extracts, cocoa and alcohol are mild forms of poison. They sap vitality, produce subtle poisons and irritate the nervous system. The more you have of them the more you want, as is the case with all un-natural foods and drinks.)
- (6) Do not forsake the cleansing foods.
(Fresh fruit and salads, conservatively cooked and baked vegetables, etc., are rich in the essential life elements without which the organism cannot function. Such foods should not be regarded as luxuries, but as necessary items in the daily diet. They restore chemical balance to the blood, keep you young and aid the elimination of morbid matter. Stewed fruit and boiled vegetables cannot replace raw, conservatively cooked, baked or steamed foods; boiling and stewing spoils most foods. Dried fruits should be soaked, not stewed.)
- (7) Do not use meat flavourings for soups, etc., use Marmite or Yeastrel.
- (8) Eat less and chew all your food thoroughly.
(The body can only assimilate a certain amount of food daily; all food taken in excess of the body's

actual requirements has to be eliminated ; for this reason the eliminative organs of most people are much overworked; they function improperly and morbid matter is retained in the system, which means that sooner or later the symptoms of disease will manifest. It must also be remembered that the first act of digestion is in the mouth. If you have bad teeth have them removed immediately: this is very important.)

- (9) Use wholemeal flour and cereals in their natural state. Allinson's bread is recommended ; also Swedish Rye bread, of which there are several good brands. Unsweetened, wholemeal biscuits are also excellent.
(All breads and cereals should be well chewed ; partake of them in moderation. The older you are the less you require of this class of food. Never make cereals into thin porridge and sloppy puddings—they are intended to be chewed.)
- (10) Use natural sugars, such as common brown, honey or old-fashioned black or green treacle.
(Sweet, sun-dried fruits may be eaten if desired. They are mainly suitable for breakfast, especially if you are constipated.)
- (11) Use ground nuts, peas, beans, cottage cheese, Prosan Cheese, St. Ivel Lactic Cheese, dried cheese (see special note) or lentils in place of meat. Eggs may also be taken in moderation provided that they agree with you. Eggs should be *quite fresh and very lightly boiled*.
- (12) Have at least one good salad every day dressed with pure olive oil and lemon juice. This is the most important item in successful food reform.
(Never dress salads with fancy dressings, salt, pepper or vinegar. These condiments are irritants ; they create an artificial appetite and induce various physical disorders. A little best red pepper may be used in moderation.)
- (13) Bake or steam your root vegetables. Cook green

vegetables conservatively, or use a steamer (not aluminium).

(By doing this the precious salts are retained. Only dried peas, beans, lentils, and meat should be boiled. *Baked roots are strongly advised* as they help remove deep-seated acid and toxic conditions. Bake carrots, parsnips, etc., exactly as you would bake potatoes. Wash them and wrap then in a little grease-proof paper, or place them in a grease-proof bag. Large roots may be cut into two or more large pieces so that they bake better. The time for baking depends on your own taste. The oven should not be too hot. A little experimenting will soon reveal the best time.)

- (14) Gradually reduce stimulants of all kinds, but do not leave them off suddenly. The body has to accustom itself to the change. Diluted fruit juices and mild herbal teas are ideal beverages. Instant Postum, Bran Tea, Dandelion Coffee, Nutrabalm, Barley water (from *whole* barley) and soft water are also excellent. If the water is hard in your district purchase a softener from your Health Stores or Ironmongers).
- (15) Do not drink with your meals, but either fifteen to thirty minutes before or afterwards, whichever you find suits you best.
- (16) Never eat unless really hungry, and rise from the table feeling you could eat just a little more.
- (17) Be happy at the table, otherwise you will suffer from mental dyspepsia. It is wise not to read or talk too much during meals.
- (18) Always have potatoes baked or boiled in their jackets.
- (19) Avoid fried foods, especially if your digestion is weak.
- (20) Vegetable or lentil soups are good in winter. Flavour with a little Marmite and sprinkle with a teaspoonful of dry NUTRABALM to improve the value. Make soups rather *thick* and "eat" them—do not gulp them.

NOTES

Make your diet changes gradually; begin by altering one meal only for a week; breakfast for preference. It is not a question of how much you can eat, but how much can your organs digest and assimilate? Remember, you are eating to LIVE, not living just to eat ! Above all, eat moderately and chew, CHEW, CHEW !

GROWING HEALTHY FOOD

The reason why food reform fails in many cases is owing to the fact that the food eaten is not good food : it has been wrongly grown and gathered before it is ripe.

Experiments by Mr. Hepburn (a farmer-scientist who spent a fortune on experiments) prove that in order to obtain disease-free crops the soil must be dug for at least eighteen to twenty-four inches to permit the oxygen to get to the soil round the roots. This applies to grain, fruit, nuts and vegetables. Another vital fact: crops should not be gathered until really ripe, for until then the chemical virtues are not at their highest state of efficiency, and the crops are not actually fit for food. Unripe foods are a decided cause of disease. It is not enough to partake of natural foods: all must be properly grown and gathered when ripe. Unripe, improperly grown foods are low in mineral salts, liable to disease and lacking in the subtle life-fluids which go to regenerate the human organism.

HOW TO PREPARE DRIED CHEESE

Grate best Cheddar cheese and place on a dish to dry for at least forty-eight hours before eating. This should agree with the weakest stomach.

Vegetarians will find Dried Cheese, Cottage Cheese, Prosan Cheese, Nuts, Peas, Beans and Lentils ideal substitutes for flesh foods. St. Ivel Lactic Cheese is also good. *Black Spanish Figs* are wonderful blood cleansers and system builders. They supply certain tonic properties to

the blood and are rich in mineral salts and energy-creating elements.

They are natural laxatives; I advise them for the cure of constipation. Black Spanish Figs are sold by most Health Food Stores.

A TYPICAL DAILY HEALTH MENU

(With simplicity as the keynote.)

ON RISING. Take a tumbler of hot lemon and barley water (at least half an hour before breakfast). Take cold in summer if preferred.

BREAKFAST. Half a grape fruit. Soaked raisins, prunes and/or Spanish figs (the latter if constipated) with one to two ounces of fresh cream. A little cereal food (Force, Kellog's Corn Flakes or All-Bran, Shredded Wheat, etc.). Use but little milk: it is better to slightly soften the cereal with a little water. (The beverage taken on rising makes another drink unnecessary before breakfast, but if very thirsty take one of the beverages mentioned in the diet rules.)

LUNCH. A good salad composed of anything in season, dressed with pure olive oil and lemon juice. A baked potato. Cooked peas or beans if desired; or have cheese or milled nuts.

((Raw cabbage, nasturtium leaves, clover flowers, parsley and dandelion leaves are excellent in salads. They all possess powerful blood cleansing and enriching properties, and are good body builders.)

In winter the salad may be preceded by a thick vegetable soup.

A few dates form an excellent sweet, or natural fruit jelly may be used. Many excellent sweets are described in the food

- reform books on the market.
- TEA. A beverage with a wholemeal biscuit if desired.
- DINNER. If you are a very wise person you will repeat the salad meal as for lunch. Or, have baked and/or steamed vegetables, with cheese or milled nuts replacing meat. Those with weak digestions should have dried cheese, or cottage cream cheese. A very lightly boiled fresh egg with *stale* wholemeal bread and butter will form an ideal dinner when you are not particularly hungry.
- NO SUPPER. But have a beverage if desired. Sufferers from Insomnia will find my Nutrabalm Food the best night cap.
- REMEMBER TO TAKE BEVERAGES BEFORE OR AFTER MEALS AND NOT WITH YOUR FOOD.

CHAPTER SIX

THE ANIMALS' WAY TO HEALTH (Fasting)

MAN is the only animal who eats when he is ill. Even when the sight of food nauseates a sick person his kind friends force food upon him and urge him to eat "to keep up his strength." As I have said before, when you are ill the general reason is that your system is encumbered with poisons as a result of having eaten too much of the wrong kind of food. As your illness is in all probability an effort on the part of Nature to liberate the system from toxins, it is sheer madness to eat food when instinct and feelings indicate otherwise. *A great deal of energy is required to digest food, and during illness all the physical powers are required by Nature for the work of cleansing and restoring.* Both wild and domesticated animals refuse all food when they are sick, although they have been observed to nibble at eliminative herbs when the same are available; even the meat-eating tribe do this.

Perhaps the most astonishing cures ever recorded, including those of cancer and pernicious anæmia, have been due to fasting followed by a constructive diet. On a fast the total resources of the organism are devoted to the first and the most essential work in health restoration : ELIMINATION. Poisons are liberated rapidly from the tissues and membranes, and passed off through the usual channels ; a general "spring clean-

ing" takes place. On a fast your breath becomes foul from the poisons that are being set free; your tongue is coated and your bodily aroma is unpleasant. For two to three days your head aches and you feel upset, weak and sick. As a rule, however, after the third day all unpleasant symptoms pass off and you begin to feel better and brighter than you have for years. Also, strange to relate, you are not hungry: the hungry feeling passes off after the third day and it does not return in some cases for several weeks. When your system is ready for food your mouth begins to water profusely, and then a carefully selected diet will re-build your system normally and rapidly.

There are very few disorders that cannot be treated successfully by fasting; even those in the early stages of cancer may look forward with hope to the pleasing results of a scientific fast. Everybody would be better for an occasional fast of two or three days, during which time plenty of soft water or diluted fruit drinks may be taken to advantage. I know of people who fast every Sunday, thereby escaping that nasty "Monday feeling" which is due to over-feeding and inactivity on Sunday. An ideal plan for the busy person who is just "out of sorts" and who cannot find the necessary time for a protracted fast, is to go without food for three days every month. During these short fasts an enema should be taken every morning to help pass off the morbid accumulations, and a dose of some reliable purgative should be taken on the night before the fast begins. No harm can possibly result to the weakest person by adopting this plan, and the timid can support (?) themselves during the three days by taking plenty of natural fruit drinks which are all rich in energy giving properties.

THE CURATIVE FAST

Most people may undertake a week's fast at home for the treatment of their ailments, particularly in the case of dyspeptics, rheumatic and nervous people, and those suffering from diseases due mainly to acids and poisons in the system. When a longer fast is indicated it should only be done under expert supervision. Below I have outlined the necessary instructions for one week.

1. The last meal before the fast should consist of a small salad only.
2. That night take a dose of Epsom Salts, or a cup of some good laxative herb tea.
3. From the very first preserve an optimistic attitude to the results of the fast. Do not worry, or think you are going to starve. Such an idea is sheer nonsense and contrary to all scientific fact. The curative effects will be greatly helped by a correct mental attitude, whereas a morbid, gloomy spirit will undo any good.
4. Expect your breath to be unpleasant and your tongue to be coated for the first few days. It is helpful to wash out your mouth frequently.
5. You may indulge freely in sipping lemon or orange water during the day—as much as you like.
6. Every morning take an enema of three to four pints of warm water.
7. Rest all you can and indulge in easy breathing exercises, concentrating especially on thorough exhalations. (Rest is not usually necessary on a three-day fast.)
8. After the seventh day have your first meal, which should consist of a fresh fruit salad only, with a tumbler of fresh milk taken in sips.
9. The diet from then on should be governed by the rules I have given in chapter five.
10. The fast may be repeated after nine weeks.

SOME GOOD EFFECTS FROM THE FAST

Fasting is the best means to cure a dilated stomach and restore it to a normal size. This is of vital importance, as a normal stomach is the basis of good digestion and of chemically balanced blood. The fast relieves the heart from pressure and gives it a long-needed rest from interference. There is no organ that does not benefit, and after the cleansing is over the body is in a fit condition to assimilate the necessary food material and utilise it for vitality building. Colds and fevers clear up rapidly on a short fast, especially if elimination is aided by taking herbal teas such as yarrow, or elder blossom and peppermint.

Naturally, you have to use your will to go on a fast : that is what your will is for—to be used. Fasting helps you to keep your body in subjection and make of it a reliable servant. Anything that demands the use of will power builds character and helps towards success.

CHAPTER SEVEN

PRICELESS HERBAL REMEDIES

FROM the dawn of history to the present day herbs have been used for restoring health; no other material remedy has ever been discovered capable of producing such excellent healing effects as the products of the vegetable kingdom. Medical science claims to have discovered mineral and serum cures from time to time; marvellous electrical devices have been introduced for treating the sick; in fact, it is extraordinary what the inventive mind of man has devised with the object of restoring health. The final analysis shows clearly that herbal remedies are better than all others, and the simple infusions of wayside plants are paramount and supreme. Whilst the concoctions of science are changed every few years, and ideas and opinions alter continually as to the merits of electrical and other treatments, herbs have withstood the acid test of time. It is very noticeable that during those historical periods when herbs have fallen into dis-use disease has increased, while during those times when the simple medicines have been popular there has been less sickness.

WHY HERBS CURE

Herbal medicines cure because they are natural; they produce the desired progressive changes in the human body because they are rich in the vital mineral salts, and because they supply certain elements required

by the sick organism that are not found in ordinary food, or that are not present in sufficient quantity in the daily diet. Herbal juices obtained from plants that have been grown on virgin soil are true foods to the cells : *they speed up and aid the elimination of toxins and help Nature to heal in her own way* ; that is why they have proved the best healers.

Drugs and serums suppress the healing efforts of the body and over-stimulate or dope the nerves, as the case may be; herbal remedies assist Nature by supplying the glands (the chemical factories of the body) with the very elements they need to manufacture their own inimitable organic compounds : vital biotic substances that the chemist can never imitate. I have some reputation as a skilled biochemist, and my research and experience have taught me that you can never better Nature; the best you can do is to assist her in her own way of doing things. I have found much good in the triturated salts of biochemistry and continue to use them when they are called for, but the triturated salts of the biochemist are second best to those found in plant life. My experiments have demonstrated that biochemistry and herbalism have much in common, and that they work well together, one assisting the other: but if I had to choose between the two systems I would unhesitatingly select herbalism. Biochemic research work has cemented my faith in the juices of plants, and has enabled me to apply herbalism more scientifically than was possible previously.

As it is not my purpose to make this a scientific treatise for professional people, I have presented only those simple remedies that can be used by anyone with no training in medicine.

Those who wish to take advanced studies in this and in allied subjects should read my larger works.

Where necessary I have suggested biochemic aid in addition to the herbal formulæ.

ACIDITY

Meadowsweet	1 oz.
Dandelion root	$\frac{1}{2}$ oz.
Peppermint	$\frac{1}{4}$ oz.
Liquorice root	$\frac{1}{4}$ oz.

Place the above in two pints of cold water and cover. Bring very slowly to the boil. As soon as boiling point is reached remove from the fire. Keep covered and allow to stand for fifteen minutes; then strain off the liquid.

Dose: A small teacupful taken in sips about fifteen minutes before meals three times daily. Take warm or cold.

This recipe is excellent for acidity of the stomach, and is also useful in all rheumatic disorders and for indigestion. It is best used unsweetened, but a little pure honey may be added for children. Better than honey is to employ a little more of the Liquorice root, as this effectively covers the bitter taste and aids the action of the remedy. It will be found that in most cases of constipated children no other remedy is necessary; it will also clear away their stomach disorders. The dose for children under ten is one-quarter of a cupful, and for the very young a teaspoonful to a desertspoonful.

ACNE

Yellow Dock root	$\frac{1}{2}$ oz.
Elder blossoms	$\frac{1}{2}$ oz.
Marigold petals	$\frac{1}{4}$ oz.
Red Clover flowers	$\frac{1}{4}$ oz.

Preparation and dose exactly as for the Acidity recipe. In cases of long standing, and where the condition of the blood is very toxic, add fifteen drops of tincture of Echinacea and ten of tincture of Myrrh to each dose

when it is ready to take. For local treatment use Eric F. W. Powell's Naturopathic Herbal Balm. In obstinate cases four tablets of homœopathic Sulphur 6x, dissolved on the tongue before each dose of herbal medicine, will usually prove effective.

ADENOIDS

The recipe given for Acidity will help to clear the system of the poisons responsible for the condition, but the most important remedial measures are deep breathing through the nose and a carefully selected diet, free from an excess of starch and commercial sugar. Cakes, pastry and condiments must be omitted; fruit and fresh salads forming the main part of the diet. Some have found that nasal breathing is assisted if the child's lower jaw is kept closed during sleep by passing a large folded handkerchief under the chin and fastening it at the top of the head. If the nostrils are almost closed this must not be done as it would make breathing too difficult.

AGUE

Treat the same way as for Malaria.

ALCOHOLISM

Angelica herb taken as a tea two or three times daily is supposed to take away the craving for alcohol. Homœopathic Quercus 3x is also good. Take three drops in a dry spoon (no water) three times daily after meals.

For removing the toxins due to alcohol poisoning, the finest remedy is Homœopathic Ledum 30c. Three or four drops in a dry spoon (no water) morning and night for about three weeks.

Many complaints due to alcohol poisoning will vanish under the action of Ledum.

ANAEMIA

Gt. Periwinkle	$\frac{1}{2}$ oz.
Dandelion root	$\frac{1}{2}$ oz.
Gentian	$\frac{1}{2}$ oz.
Chamomile	$\frac{1}{2}$ oz.
Ginger root (in powder)	$\frac{1}{4}$ teaspoonful

Preparation and dose as for Acidity. The medicine will be greatly improved if twenty drops of fluid extract of *Avena Sativa* are added to each dose when it is ready to take. Eric F. W. Powell's Nutrabalm Food is highly recommended for anæmic people.

ANEURISM

Simmer an ounce of Yarrow in a pint of water for twenty minutes. Strain. Take half a cupful, cold, before meals three times daily, and add to each dose about ten drops of tincture of *Crataegus Oxycantha*. This medicine will not only help the aneurism, but will strengthen the heart and arteries generally. See also Heart Troubles.

ANGINA PECTORIS

Get the following made up :

Tincture of *Cactus Grandiflorus* (from the fresh plant)
2 oz. Tincture of Ginger, $\frac{1}{2}$ oz.

Dose: During an attack give ten to fifteen drops every few minutes. In the ordinary way take a dose morning and night. Take in tepid water.

Angina sufferers will find the biochemic cell salts Mag. Phos. 3x. and Ferr. Phos. 3x. most helpful. They should take three or four tablets of each salt in a small wineglass of hot water after each meal. The salts will not interfere with the other medicine.

ANGUISH

Hot Ginger tea, made by infusing about half a small teaspoonful in a tumbler of hot water sweetened with pure honey, will prove helpful when under mental stress. Six tablets of the biochemic cell salt Kali. Phos. 4x. (or 6x.) added to each tumbler will prove of added benefit. Deep breathing is the best remedy for all mental distress.

APPENDICITIS

It is always best to obtain the services of a Nature cure practitioner, a biochemist or a reliable herbalist. Most attacks can be cleared up if the following rules are carried out right from the commencement of the pain.

At the onset of the pain administer a *small* enema: not more than a pint of water, to which a teaspoonful of bi-carbonate of soda has been added. The water should not be above blood heat. On no account administer a large enema.

Medicine: Give a half teaspoonful of tincture of Echinacea with ten drops of tincture of Myrrh and two drops of tincture of Capsicum in a wineglass of hot water. Each wineglass should be taken in sips, and the dose repeated every hour until the pain is easier; then take less frequently. The medicine will be improved and will act more speedily if six tablets of each of the biochemic cell salts Ferr. Phos. 3x. Kali. Mur. 3x. and Mag. Phos. 3x. are added to each wineglass. Baptisia 30. is a fine remedy—four pilules hourly until pain has gone.

Give no food whatever. Lemon and orange water may be sipped. Give light food when all pain has gone. Externally apply hot fomentations to the abdomen. For this purpose use hot flannels sprinkled with turpentine. Repeat the treatment every hour or so. Nutrabalm Food is an excellent restorative.

APPETITE (Poor)

Treat as for Anæmia. If the appetite is excessive go on a short fast.

ARTHRITIS

Treat as for Rheumatism.

ASTHMA

Liquorice	$\frac{1}{2}$ oz.
Horehound (Marrubium Vulgare)	$\frac{1}{2}$ oz.
White Pine needles	$\frac{1}{2}$ oz.
Ginger root (in powder)	1 teaspoonful
Lobelia Seed (in powder)	1 teaspoonful

Prepare as for Acidity recipe.

Dose: Sweeten the infusion with pure honey and take in tablespoonful doses at frequent intervals. The medicine is harmless and any quantity may be taken. Use during the night if necessary. For best effects take hot.

A fast, followed by a starchless and sugarless diet, will usually clear up any case of Asthma. I have cured many dozens of bad cases by this method alone. Deep breathing is necessary.

AUTO-TOXAEMIA (Self-poisoning)

	Mixture
Tincture of Echinacea	4 oz.
Tincture of Myrrh	2 oz.
Tincture of Golden Seal	1 oz.

Dose: A small teaspoonful in a wineglass of hot water before meals three times daily. The Acidity recipe is also excellent.

Fasting is the most vital treatment for this disorder. Half-size doses of the above medicine taken in a tumbler of warm (not hot) water, morning and night will help the effects of the fast if taken during the time.

BLADDER (Inflammation)

Buchu	$\frac{1}{2}$ OZ.
Uva-ursi	$\frac{1}{2}$ OZ.
Juniper berries	$\frac{1}{4}$ OZ.
Parsley	$\frac{1}{4}$ OZ.
Motherwort	$\frac{1}{2}$ OZ.

Employ the fresh Motherwort if possible, if not obtainable fresh use it dry.

Preparation and dose exactly as for the Acidity recipe. All sufferers from bladder and kidney disorders should take Slippery Elm tea instead of the usual beverages. Obtain Slippery Elm in the form of small chips. Pour a pint of boiling water on half an ounce of the chips and let stand for half an hour. Take as much as desired slightly sweetened with pure honey. Barley water made from whole barley is also valuable. Eric F. W. Powell's Nutrabalm is an excellent beverage for these disorders.

BLOOD DISEASES

Treat as for Auto-toxæmia.

BLOOD PRESSURE (High)

It is doubtful whether there exists a better remedy than the common Stinging Nettle. While Nettles act better when used fresh, they may be also used dry. Nettles are a harmless remedy for removing the "fur" from the arteries and making them elastic. They are rich in chlorophyll, which is much advertised as a rejuvenating remedy. Much of the chlorophyll of commerce is obtained from Nettles.

When using fresh leaves pour a half pint of hot water over a teaspoonful cut up fine; let stand for twenty

minutes, strain and drink before meals. Make freshly each time. When using the dried leaves infuse a dessert-spoonful in a pint of water and simmer gently for fifteen minutes. Strain.

Dose: A cupful before meals.

BLOOD PRESSURE (Low)

Employ the remedy for Anæmia. Attend to the diet. If the heart is weak see under Heart Disorders.

BRAIN FAG

The Anæmia recipe, with *Avena Sativa* added, is excellent. Some cases will respond better to the Neurasthenia recipe. In all instances attend to the breathing, as there is no brain food to equal oxygen.

BRONCHITIS

Treat as for Asthma.

CARBUNCLES AND BOILS

Treat as for Auto-toxæmia. Apply Naturopathic Herbal Balm locally.
See also the Fig remedy (page 105).

CATARRH

Juniper berries	$\frac{1}{2}$ oz.
Angelica	$\frac{1}{2}$ oz.
Golden Seal root	$\frac{1}{2}$ oz.
Ginger root (in powder) .	1 teaspoonful

Preparation and dose the same as with the Acidity recipe.

The catarrhal sufferer should practically live on well masticated salads.

For nasal catarrh a little cold water, with a few drops of lemon juice added, should be placed in the palm of the hand and sniffed up each nostril morning, noon and night. Wet friction baths are excellent, as they restore skin activity and relieve the congestion in the mucous membranes. See also the Herbal Balm treatment for Hay Fever.

The Borax treatment given under Voice is also helpful when the throat is affected.

CHAPS AND CHILBLAINS

Internally treat as for Circulatory Disorders. Locally, either apply Capsicum ointment (from chemists) or, if the skin is not broken, well rub the parts several times daily with the tinctures of Myrrh and Capsicum mixed together in equal parts. Local rubs with oil of Eucalyptus are excellent for chilblains.

CHICKEN POX

Boneset	$\frac{1}{2}$ oz.
Skullcap	$\frac{1}{2}$ oz.
Golden seal root	$\frac{1}{4}$ oz.
Myrrh (in powder)	$\frac{1}{4}$ oz.

Preparation as for Acidity recipe.

Dose: A tablespoonful every two hours. Very young children a dessertspoonful, or less. Give warm.

Sweeten with honey in the case of the very young. Locally, dab the irritable spots with distilled extract of Witch Hazel, and cover any bad pustules with linen saturated with the extract. Renew every hour, or more frequently.

Fast on orange or lemon water during the severe stage of the illness. Later, feed on fresh milk and fruit.

CIRCULATORY DISORDERS (See also Heart Troubles)

The cause must be discovered and removed. As a rule it is either due to a weak heart, or to poisons in the system. Treat accordingly. If due to poisons and morbid matter treat as for Auto-toxæmia.

In many cases the following tea will be found helpful in a general way :

Yarrow	$\frac{1}{2}$ oz.
Meadowsweet	$\frac{1}{2}$ oz.
Uva-ursi	$\frac{1}{2}$ oz.
Ginger root	$\frac{1}{4}$ oz.

Preparation and dose as for Acidity. Take hot.

COLDS

Go on a short fast and take the herbal remedy given under Circulatory Disorders. Should a condition of Catarrh set in, take the remedy given for that trouble.

COLLAPSE

Few remedies can equal Herbal Composition Powder taken in hot, sweetened water. Biochemic Kali Phos. 6x is also very good. Hot mustard foot baths are advised when possible.

If the collapse is due to heart or other troubles, treat the cause.

COLITIS

Bayberry bark	$\frac{1}{2}$ oz.
Golden Seal root	$\frac{1}{2}$ oz.
Barberry bark	$\frac{1}{4}$ oz.
Black Currant leaves	$\frac{1}{2}$ oz.

Preparation and dose as for Acidity, but add half a teaspoonful of tincture of Echinacea to each dose.

When the condition has improved take the remedy given for Auto-toxæmia. Eric F. W. Powell's Nutrabalm Food will prove most valuable.

CONSTIPATION

	Mixture
Fluid extract of Barberry .	2 oz.
Fluid extract of Dandelion .	2 oz.
Fluid extract of Cascara .	2 oz.
Fluid extract of Liquorice .	1 oz.
Tincture of Ginger . . .	$\frac{1}{2}$ oz.

Dose: Half to one teaspoonful in hot water at night before retiring. Increase or lessen the dose as required.

The above is one of the best possible medicines for habitual constipation, but at the most it can only help the sufferer. Continual purging gradually makes matters worse. The rational cure consists in diet and exercise. A breakfast of soaked prunes and/or figs, with one or two ounces of fresh cream and as much "All-Bran" (or any whole-grain cereal) as wanted, will do much to remove the cause of Constipation. All body bending and twisting exercises are good; so also is a short, sharp walk before breakfast. Resort to the enema occasionally. The internal bath is better than constantly taking medicine.

COLD SORES

Treat as for Catarrh and apply Naturopathic Herbal Balm locally.

Biochemic Nat. Mur. 6x. is useful. Two tablets after meals.

COUGHS

Treat as for Asthma.

CRAMP

Vervain	$\frac{1}{2}$	OZ.
Scullycap	$\frac{1}{2}$	OZ.
Wild Yam	$\frac{1}{2}$	OZ.
Ginger root (in powder)	$\frac{1}{4}$	OZ.

Preparation and dose as for Acidity.

DANDRUFF

Treat as given under Hair.

DEAFNESS DUE TO CHILL

The deafness and ringing in the ears due to a chill may be relieved almost immediately by taking a hot mustard foot bath. Take the medicine advised for Catarrh or Fevers. Actual deafness must be treated by a professional man.

DEBILITY

Treat as for Anæmia.

DEPRESSION

See Anguish and Neurasthenia. Deep, rhythmic breathing is the never-failing remedy.

"DEAD" FINGERS

This condition is usually due to obstructed circulation in the neck and shoulders or impinged nerves. Deep massage of the neck and shoulder muscles is advised; better still visit a good Osteopath for treatment. The medicine advised for Neurasthenia may prove helpful.

DIARRHOEA

Mixture

Fluid extract of Bayberry	. 2 oz.
Fluid extract Raspberry Leaves	2 oz.

Dose: Half to one teaspoonful in cold or tepid water every three hours until better.

Note : As diarrhoea is a cleansing effort on the part of the system, it is not wise to use medicine until the complaint proves distressing. No medicine should be used until the third day.

DIPHTHERIA

Three to ten drops of tincture of Echinacea, and two to five drops of tincture of Myrrh (according to age) in a little warm water every two or three hours. Give more frequently in serious cases.

Also, dissolve twelve or more tablets of each of the biochemic cell salts Ferr. Phos. 3x. and Kali. Mur. 3x. in a tumbler of warm water and give in sips at intervals during the day. In serious conditions administer every few minutes. The cell salts and the tinctures should never fail to clear up a case; there is no better treatment.

Give no food during the severe stages of the disorder, but warm lemon drinks will prove helpful. Neat lemon juice poured into the patient's throat in very small quantities has been known to keep a membrane from forming and has saved many lives.

DREAMS (Frightening).

Bad dreams may be due to stomach upset, or to worry. Attention should be paid to diet and upsetting foods avoided after 5 p.m.

Hot mustard foot baths are helpful at night.

Take two tablets of Kali Phos. 6x. after meals three times daily. The medicine for Neurasthenia may help.

DYSENTERY (See Diarrhoea)

DYSPEPSIA (See Indigestion)

ECZEMA

Treat as for Acne. Eric F. W. Powell's Naturopathic Herbal Balm is a very fine external application: it soothes and heals without suppression.

EMACIATION

Treat as for Anæmia. Eric F. W. Powell's Nutrabalm Food is strongly advised. An exclusive fruit and milk diet will sometimes prove better than any other remedial measure. It is important that all milk should be slowly sipped: *masticate* each mouthful.

ENDOCRINE DEFICIENCIES AND DISORDERS

Best treated by a reliable biochemist. "Dr. Denver's Rejuvenator" is reliable, harmless and effective.

EPIDEMICS

Take a dose of the Auto-toxæmia remedy night and morning, and forget about disease. *Fear* is a potent cause in epidemics. Breathing exercises and a very simple diet will help to prevent contagious diseases.

ENURESIS (Bed Wetting)

For young children three drops of Verbascum Oil in a little milk morning and night is usually curative. Homœopathic Belladonna 6x. is another good remedy: three drops in a dry spoon (no water) morning and night, for two or three weeks.

Other remedies: Slippery Elm Food and Barley water. Sufferers should avoid taking much table salt and pepper.

ERYSIPELAS

Treat as for Auto-toxæmia. Locally, apply compresses of equal parts of distilled extract of Witch Hazel and tincture of Myrrh.

FATIGUE

Treat as for Anæmia, and indulge in deep breathing exercises.

FEAR

Indulge in breathing exercises and read carefully the final chapter of this little book.

FEVERS

Yarrow	$\frac{1}{2}$ oz.
Raspberry leaves	$\frac{1}{2}$ oz.
Peppermint	$\frac{1}{2}$ oz.
Pleurisy root	$\frac{1}{2}$ oz.
Ginger (in powder)	1 teaspoonful

Simmer gently in two-and-a-half pints of water for twenty minutes. Strain.

Dose: A teacupful taken hot every four hours. May be sweetened with pure honey. Children less according to age.

The patient should remain in bed, and when sweating has occurred the remedy should be taken less frequently. Administer an enema at the onset of the fever, and repeat daily if the bowels are obstinate.

A fever patient should always fast. Lemon, orange and apple juice drinks are of great value. When there is pain over the kidneys administer the fruit juices in barley water made from whole barley, or use parsley water. When the fever has gone build up the patient with the Anæmia recipe.

This treatment will cure all fevers, and the medicine will expel all the morbid matter responsible for the condition; it is a remedy without price and has saved hundreds of lives. Sufferers from heart trouble should not take the doses quite so strong; they will find apple juice the best beverage, as it is a natural heart tonic.

One or two tablets of each of the biochemic cell salts Ferr. Phos. and Kali Mur. (3x. or 6x.) added to each dose of the medicine will help the latter in its biological activities.

In emergency, when only one or two of the herbs are obtainable, prepare the medicine with what is on hand, as each of the plants is powerfully effective.

FLATULENCE (See Indigestion)

GALL STONES

Required : One pint of good olive oil and the juice of six or eight lemons.

Take a strong dose of Epsom salts, and an hour later commence treatment: take half a cup of olive oil and follow immediately with a drink of lemon juice ; after five minutes repeat the procedure until all the oil has been taken, finishing up with a drink of lemon juice. Retire to bed. The lemon juice is used to prevent sickness and to keep the oil down.

Gall stone sufferers should keep their livers in order.

GANGRENE

Treat as for Auto-toxæmia. Locally, when possible, rub the parts round the affected area with Compound Tinc-

ture of Myrrh (Thompson's, as supplied by herbalists) every two hours. Also apply linen soaked in the Myrrh over the part after every rub and keep on until the next occasion.

GASTRITIS

The best treatment is a short fast followed by an exclusive diet of the finest Slippery Elm (*Ulmus Fulva*). The best Elm food obtainable is Eric F. W. Powell's Nutrabalm. This food has cured a large number of the worst gastric cases.

An exclusive Elm diet (a small bowl four times daily) for two weeks should be sufficient to heal the inflamed stomach.

Following the special diet, feed in moderation on natural foods, and use Nutrabalm made weak as a beverage.

A helpful medicine is the fluid extract of Golden Seal.

Dose: Ten to twelve drops in a small wineglass of hot water after meals three times daily. May also be taken whilst fasting, and after the Slippery Elm meals.

The addition of four tablets of each of the biochemic cell salts Ferr. Phos., Nat. Phos. and Kali. Mur. (all in the 4x. or 6x. potency) to each wineglass of medicine is advised.

GLANDULAR TROUBLES (See Endocrine Deficiencies and Goitre)

GOITRE (Simple)

Mixture

Tincture of Oak bark	.	.	4 oz.
Tincture of Calendula	.	.	4 oz.

Dose: A small teaspoonful in a wineglass of hot water before meals three times daily.

Locally, apply a piece of folded linen soaked in the above mixture over the goitre, and keep on all night. Do not bind on too tightly.

GOITRE (Exophthalmic)

Treat as for Goitre, but add to the mixture two ounces of the fluid extract of Lily-of-the-Valley.

GOUT

Treat as for Rheumatism.

HAIR (Falling out and unhealthy. Dandruff)

Rosemary	1 oz.
Southernwood	1 oz.

Simmer in two pints of water for half an hour. Strain.

Dose: A wineglassful before meals three times daily.

Locally, massage the herbal tea (undiluted) into the scalp with the finger tips nightly. Dry, and then rub in a little Coco-nut oil.

HAY FEVER

Chamomile	$\frac{1}{2}$ oz.
Horehound	$\frac{1}{2}$ oz.
Bayberry bark	$\frac{1}{2}$ oz.
Eyebright	$\frac{1}{2}$ oz.

Preparation and dose as for Acidity.

Purchase some finely powdered Bayberry bark and use it as a snuff for a few weeks before you expect an attack. Also use freely during the trouble. This snuff has cured many cases of hay fever.

Massage a little of Eric F. W. Powell's Herbal Balm into

the forehead, temples and over the nose. Also insert a little in each nostril two or three times daily, and again before retiring.

HEADACHES

The cause must be treated. It may be due to stomach or generative disorders, or it may be due to "nerves," worry or overwork.

A hot foot bath will help. While having the foot bath apply cold compresses to the forehead and hot compresses to the back of the neck. See also Pain.

HEART TROUBLES

For a weak, rapid and irregular heart the following medicine will prove decidedly helpful; it is harmless.

	Mixture
Fluid extract of Lily-of-the-Vally . . .	2 oz.
Fresh plant tincture of Cactus Grandiflorus . .	2 oz.
Fluid extract of Motherwort	2 oz.
Fresh tincture of Hawthorn berries . . .	2 oz.

Dose: A teaspoonful in a wineglass of hot water before meals three times daily. More frequently if necessary. Good for valvular weakness.

Note : When the heart is *very slow* the above mixture is not advised. In such cases the best medicine is tincture of Hawthorn from the fresh berries: fifteen to twenty drops in a little warm water every three or four hours. The Hawthorn (*Crataegus Oxycantha*) is the most valuable of all heart medicines, and it suits every type of heart trouble, including the weak hearts of very old people. An Irish doctor made a fortune out of Hawthorn medicine for weak hearts, selling it as a secret remedy.

When the circulation is very poor, one or two drops of tincture of Capsicum may be added to each dose.

HERNIA (Rupture)

Take the medicine advised for Aneurism.

Locally, apply a compress of distilled extract of Witch Hazel every night. Wear a Witch Hazel pack during the day as well if convenient.

IMPOTENCY

	Mixture
Fluid extract of Raspberry leaves	. 1 oz.
Fluid extract of Avena Sativa . . .	1 oz.
Fluid extract of Oak Bark . . .	1 oz.
Fluid extract of Uva-ursi . . .	1 oz.
Fluid extract of Damiana . . .	1 oz.
Fluid extract of Gentian . . .	1 oz.
Fluid extract of Saw Palmetto . . .	1 oz.

Dose: One teaspoonful in a cup of warm water before meals three times daily. May be sweetened with honey, which is itself a good general tonic to the generative organs.

This medicine is excellent for enlarged prostate gland, and for weakness of that part. Dr. Denver's Rejuvenator is an ideal natural remedy.

Eric F. W. Powell's Nutrabalm Food should be taken for its valuable soothing and strengthening effects. Barley water (from whole barley) is a suitable beverage.

Locally, the organs should be bathed with vinegar and cold water in equal parts, morning and night. Dry carefully, and then massage gently a little sweet almond oil into the groins.

A natural, non-stimulating diet is necessary. Indulge in healthy exercise and games to build up the general health. Another ideal medicine is the finest oil of Cinnamon.

The dose is three drops well mixed in a wineglass of hot water before meals three times daily. Will not interfere with other medicines.

INDIGESTION

Agrimony	$\frac{1}{2}$ oz.
Dandelion root	$\frac{1}{2}$ oz.
Raspberry leaves	$\frac{1}{2}$ oz.
Chamomile	$\frac{1}{4}$ oz.
Catmint	$\frac{1}{4}$ oz.

Simmer slowly in two pints of water for twenty minutes. Strain, and add a teaspoonful of tincture of Ginger, and twenty drops of tincture of Capsicum.

Dose: Half a teacupful before meals three times daily.

Body bending and twisting exercises are advised. The diet must be simple, and the food *thoroughly masticated*. Eric F. W. Powell's Nutrabalm Food will prove most valuable. See Gastritis.

INFANT'S TROUBLES

The fluid extract of Balm is a good general medicine. It helps digestion, cleanses the system and promotes health. One to three drops in a feed occasionally is the usual dose, and when this is used a little sugar of milk should be added. Another way is to give a small dose in a dessert-spoonful of warm, sweetened milk. Older children may have larger doses. Biochemic cell salts are most valuable. Feverishness : Kali. Phos. 6x. in warm milk.

Pain : Mag. Phos. 6x. in warm milk.

Digestive disturbances : Nat. Phos. 3x. and Mag. Phos. 6x. Kali. Phos. 6x. for the crying, irritable child.

Calc. Phos. 6x. for slow bone and muscular development.

Calc. Phos. also aids teething. Silicea 12x. will help those who do not respond to other treatment.

The dose in all cases is one tablet two or three times daily.

INFLUENZA (See Fevers)

INGROWING TOE NAIL

A "V"-shaped piece should be cut out of the centre of the nail at the tip, and a groove made down the centre with a nail file. Keep the nail moist with olive oil and do not wear tight shoes.

INSECT BITES

Apply oil of Eucalyptus, or oil of Thyme. Distilled extract of Witch Hazel is also good.

INSOMNIA

Hops	$\frac{1}{2}$ oz.
Scullcap	$\frac{1}{2}$ oz.

Simmer gently in one pint of water for twenty minutes. Strain.

See also the Herbal Balm treatment as for Hay Fever.

Dose: A cupful on retiring.

A hot foot bath, after which the feet should be oiled with sweet almond oil, followed by deep breathing exercises, will promote refreshing sleep. Do not *fear* the loss of sleep; to do so is to invite sleeplessness. Relax and breathe, and even if you do not sleep the breathing and relaxation will compensate. The chances are that you will go off into dreamless slumber sooner than you expected.

In very bad cases take half to one teaspoonful of the fresh plant tincture of Passion Flower in a little tepid water on retiring. This remedy is harmless, but powerfully effective. It sometimes replaces such drugs as Opium when pain prevents sleep.

Late meals are sometimes a cause of Insomnia; on the other hand, a cup of some warm food-beverage, such as Nutrabalm, will often induce sleep in many instances.

KIDNEY DISEASES

Take the medicine and follow the instructions given under Bladder.

LEUCORRHOEA

The recipe for Catarrh is useful, but in pronounced cases take the following :

	Mixture.
Fluid extract of Golden Seal .	1 oz.
Tincture of Myrrh . . .	1 oz.
Tincture of Echinacea . .	1 oz.

Dose: A small teaspoonful in a little warm water before meals three times daily.

A vaginal injection of two pints of warm water in which a heaping teaspoonful of powdered Borax has been dissolved, should be administered every morning for twenty-one days. Every fourth day substitute ten drops of oil of Eucalyptus instead of Borax. The sexual life must be strictly moderate and the general health built up.

LIVER DISORDERS

The recipe given for Constipation is very helpful when the liver is sluggish. If the bowels are active, give much smaller doses.

LOCKJAW

Call in a reliable healer. Until professional services can be rendered give the following medicated enema every hour. This treatment will sometimes produce the desired results without other aid.

To one pint of warm water (blood heat) add half a teaspoonful of each of the fluid extracts of Cramp Bark, Spearmint and Vervain. Inject. Keep the feet in hot water. When only one extract is obtainable use a teaspoonful of that with a little powdered ginger added. Another good enema for this trouble is a pint of warm water to which has been added twelve tablets of each

of the biochemic cell salts Kali. Phos. 3x. and Mag. Phos. 3x. Repeat the enema hourly until professional aid arrives.

LUNG WEAKNESS

Comfrey root	$\frac{1}{2}$ oz.
Coltsfoot	$\frac{1}{2}$ oz.
Horehound	$\frac{1}{2}$ oz.
Golden Seal root	$\frac{1}{4}$ oz.
Dandelion root	$\frac{1}{4}$ oz.

Prepare as for Acidity recipe.

Dose: Half a teacupful (warm or cold) before meals three times daily. Add to each dose about ten drops of tincture of Echinacea, and one or two drops of tincture of Ginger.

A cleansing diet is of vital importance. An abundance of raw food is necessary, and salads should form the main portion of the diet. Watercress, lettuce and dandelion leaves are especially good. Eric F. W. Powell's Nutra-balm Food is particularly valuable.

LUMBAGO

Treat as for Rheumatism.

MALARIA

Place an ounce of finely-cut Peruvian Bark in a pint of water and bring to the boil. Simmer gently for half an hour.

Dose: A wineglassful every two or three hours with a few drops of Spearmint juice added, if it is obtainable.

Half a small teaspoonful of tincture of Peruvian Bark to a wineglass of water will take the place of the infusion. Another medicine that suits some types better than Peruvian Bark is as follows:

	Mixture
Fluid extract of Barberry . . .	1 oz.

Fluid extract of Boneset	. 1 oz.
Fluid extract of Scullcap	. 1 oz.
Tincture of Capsicum	. $\frac{1}{2}$ teaspoonful

Dose: A teaspoonful in a wineglass of hot water every three hours until better; then less frequently.

Fasting is usually indicated to clear up Malaria.
Reliable Homœopathic treatment is advocated.

MALNUTRITION

Treat as for Anæmia.

MEASLES

Two to six drops (according to age) of each of the fluid extracts of Scullcap and Boneset in a little warm water every two or three hours. Should the patient sweat too freely reduce the size and frequency of the dose. For the very young sweeten each dose with pure honey. Fast the patient on water and diluted fruit juices until the fever has subsided. Three tablets of each of the biochemic cell salts Ferr. Phos., Kali. Mur. (4x or 6x), added to each dose of medicine, will prove most helpful.

MEGRIM, OR MIGRAINE

Dandelion root $\frac{1}{2}$ oz.
Scullcap $\frac{1}{2}$ oz.
Catmint $\frac{1}{2}$ oz.
Ginger root (in powder)	. $\frac{1}{2}$ teaspoonful

Preparation and dose as for Acidity. When the pain is severe take a wineglassful every hour, or half hour. See also Pain.

MENOPAUSE

During the change of life the following tea taken as a beverage will prove decidedly beneficial.

nervous conditions and lack of vitality. Note that the dose is only *two drops* in a little cold water morning and night.

Peel six cloves of Garlic ; add to one tumblerful of genuine, best quality Port Wine, and very slowly bring to the boiling point; then, as soon as it comes to the boil remove the Garlic cloves and bottle the liquid in a dark brown bottle.

Dose: One teaspoonful every three hours daily for three consecutive days out of every ten days.

Do not take medicines while periods are in progress. Hot cloths applied to the anus and external organs will help to promote a flow. Apply several every few hours. The general health must receive attention.

MUMPS

The biochemic cell salts Ferr. Phos., Kali. Mur., Nat. Mur. (4x or 6x potency). Three of each dissolved in a wine-glass of hot water to be taken in sips. Repeat the dose every two hours; when improvement shows take less frequently. A mild infusion of Scullcap tea taken in wine-glassful doses, with the above cell salts added, is ideal. Warm Chamomile foundations are useful. Page 102 (20).

NAILS (Diseased)

The condition is often due to a lack of certain salts in the system. The following harmless biochemic prescription may help in many cases :

	Mixture in liquid form.*
Graphites 6.	1 drachm.
Pulsatilla 3.	1 drachm.
Silicea 8.	1 drachm.
Stannum 6.	1 drachm.

*Obtain from biochemists, or from homœopathic chemists.

Dose : Ten drops in a little cold water morning and night.

Apply tincture of Myrrh to the nails morning and night.

NETTLERASH

Treat as for Acidity. Stinging Nettle tea is also useful.

NEURALGIA

Take the recipe given for Neurasthenia, or that given for Insomnia. In some cases hot fomentations give relief, in other types cold water applications act better. The bio-chemic cell salts Ferr. Phos., Mag. Phos. and Kali Phos., all in the 3x. or 6x. potency, will aid greatly. Add a few tablets of each salt to every dose of medicine taken, or take in plain hot water. Sip slowly. See also index under Pain.

NEURASTHENIA

Valerian root	$\frac{1}{2}$	oz.
Scullcap	$\frac{1}{2}$	oz.
Hops	$\frac{1}{2}$	oz.
Wild Yam	$\frac{1}{4}$	oz.
Gentian root	$\frac{1}{4}$	oz.

Simmer in two pints of water for twenty minutes. Strain, and add twenty drops of tincture of Capsicum.

Dose : A wineglassful (warm or cold) every three hours in bad cases; before meals in the less serious conditions.

If desired, obtain the recipe in the form of fluid extracts, the dose being a small teaspoonful in a wineglass of hot water taken as above. In this case purchase a mixture of the fluid extracts of the five ingredients in equal parts, one ounce of each, and add *one drachm only of tincture of Pulsatilla*.

Neurasthenics and those suffering from nervous disorders are badly in need of deep, rhythmic breathing exercises. They should practically live in the open air.

The troubles may be traced to sexual abuse, worry or to a lack of interest in life. A failure to accomplish something will often start a nervous disorder.

Falling in love has cured many neurasthenics.

Nutrabalm Food is recommended.

Read and apply the teachings in the last chapter of this book.

NEURITIS (See Neuralgia)

NIGHTMARE

Treat as for Insomnia.

NIGHT SWEATS

A tea made from common garden Sage taken before retiring will cure some cases. It need not be made strong: a teaspoonful to a cup is enough.

NOISES IN HEAD AND EARS

Treat as for Catarrh.

OBESITY

If the digestion is at fault treat as for Indigestion. Otherwise the only cure lies in a starch and sugar free diet, and in plenty of healthy exercise.

PAIN

The advice given under Neuralgia is usually sufficient, but when the pain is severe, and it is absolutely necessary

to obtain relief and sleep, I recommend the preparation known as "Veganin" or "Calino" (from chemists). Take as directed on the package.

It must be clearly understood that I do not advocate the use of drugs excepting when there seems to be no alternative.

PILES

One or two ounces of the fresh shredded roots of Pilewort (*Ranunculus Fic.*) brought to the boil in half a pint of new milk, and the whole eaten on retiring, is an amazing pile remedy. Take for two of three nights if necessary. Pilewort is also known as the Lesser Celandine. Many country people are familiar with it.

A substitute for the fresh roots is the fluid extract of the dry. This is quite good, but not so effective as the fresh preparation. The dose of the fluid extract is one teaspoonful in half a pint of hot milk taken at night, and repeated for three of four nights if necessary. A dose may also be taken in a little hot water before meals.

PLEURISY

Pleurisy root	$\frac{1}{2}$ oz.
Scullcap	$\frac{1}{2}$ oz.
Golden Seal root	$\frac{1}{4}$ oz.
Ginger (in powder)	$\frac{1}{4}$ teaspoonful

Simmer in two pints of water for twenty minutes. Strain.

Dose: A small teacupful every three hours. Less frequently when better.

Local fomentations are helpful. Follow with hot Olive oil rubs. The Pneumonia poultices are also very effective.

PNEUMONIA

Prepare the same medicine as for Pleurisy.

Dose: A wineglassful every two or three hours. Each dose will be improved if three or four of each of the biochemic cell salts Ferr. Phos., Kali. Mur., Kali Sulp., Kali. Phos., Mag. Phos. and Nat. Mur. (all in the 3x., 4x. or 6x. potency) are added to each dose.

Another ideal treatment which may be used with or without the above medicine is as follows :

Take six to ten onions, according to size, and chop them up finely. Add about the same quantity of rye meal. Then add sufficient vinegar to form a thick paste. Mix thoroughly and heat over the fire for ten minutes.

Then place the mixture in a cotton bag large enough to cover the chest and apply as hot as possible.

Before this gets cold, apply another, and continue by reheating the poultices.

The patient should be out of danger in a few hours.

Usually three or four poultices are enough. Treatment should be continued until perspiration starts from the chest. Keep the patient warm after the treatment, but the room should be well ventilated.

To build up after the illness give the Anæmia recipe.

POISONING

Give an emetic of a tablespoonful of mustard in a pint of lukewarm water. Tickle the back of the tongue to induce vomiting.

As treatment depends on the nature of the poison it is wise to obtain medical aid immediately. After the emetic has worked administer the whites of two or three eggs and wait for the doctor.

PREGNANCY

Prospective mothers should take this herbal tea for at least three months before the time of delivery. It helps

in every possible way, and normalises the parts. Aids Nature, and tends to produce an easy birth. The value of this recipe has been proved many times.

Obtain Raspberry leaves and Motherwort herb. Rub them up, or cut up fine, and mix together in equal parts. Use the mixture in place of ordinary tea; the infusion being made in a teapot (not aluminium). A heaping teaspoonful to each cup of boiling water used is sufficient. Let stand for at least twenty minutes before straining off. May be sweetened with pure honey or flavoured with lemon. Take as much as desired.

The biochemic cell salts Calc. Phos. and Kali. Phos. (two tablets of each to every cup taken) are also helpful.

PROLAPSED ORGANS

Angelica root	$\frac{1}{2}$ oz.
Witch Hazel Bark	$\frac{1}{2}$ oz.
Yarrow	$\frac{1}{2}$ oz.
Bayberry Bark	$\frac{1}{4}$ oz.

Preparation and dose as for the Acidity recipe, but do NOT take it hot—either tepid or cold. If the bowels become costive, take a herbal laxative occasionally. If the bowels are very obstinate add some liquorice to the medicine and take smaller doses.

Sufferers from prolapsed organs should rest on their backs after heavy meals. Also the foot of the bed should be raised about four inches by placing books or some suitable objects under the feet. Abdominal massage is helpful. In bad cases a supporting belt is advised until the organs are stronger.

Body bending exercises should be performed daily. (See Chapter 9.)

PROSTATE GLAND TROUBLE

Use the recipe given for Impotency, and follow the general instructions.

PYORRHOEA

The trouble is caused by wrong feeding. People who eat natural food and plenty of salads, and who chew their food thoroughly, never have pyorrhœa.

The remedy is to feed sensibly and masticate thoroughly. In most instances it is a crime to remove healthy teeth. Take the medicine advised for Auto-toxæmia and apply the following mixture locally to the gums with the middle finger three times daily. Rub gently but thoroughly all round the gums for three or four minutes.

	Mixture
Tincture of Echinacea . . .	2 oz.
Tincture of Myrrh . . .	2 oz.
Tincture of Capsicum . . .	1 drachm.

Best Eucalyptus oil is a good substitute when the above cannot be obtained.

When cleaning the teeth use a very soft brush, and employ powdered vegetable charcoal as a tooth powder. Charcoal is the finest tooth cleanser and is highly anti-septic. If some is swallowed it only does good, which is not true of most chemical tooth cleansers.

QUINSY

Treat as for Sore Throat.

RICKETS

	Mixture
Fluid extract of Raspberry leaves . . .	$\frac{1}{2}$ oz.
Fluid extract Vervain	$\frac{1}{2}$ oz.
Fluid extract Gentian	$\frac{1}{2}$ oz.
Fluid extract Avena Sativa	2 oz.

Dose: Five to fifteen drops (according to age) in a little sweetened warm milk or water before meals two or three times daily.

The biochemic cell salts Calc. Phos., Ferr. Phos., Mag. Phos. and Kali. Phos. (6x. potency) are most valuable in

Rickets. Add two of each kind to every dose of the above herbal medicine, or administer the salts by themselves in warm milk or water.

The rickety child needs plenty of fresh fruit, vegetables and new milk. Sea salt baths are excellent.

RHEUMATISM

Yellow Dock	$\frac{1}{2}$ OZ.
Burdock	$\frac{1}{2}$ OZ.
Meadowsweet	$\frac{1}{2}$ OZ.
Primrose	$\frac{1}{4}$ OZ.
Dandelion root	$\frac{1}{4}$ OZ.
Uva-ursi	$\frac{1}{4}$ OZ.

Simmer gently in two pints of water for twenty minutes. Strain. Then add to the strained liquid one dessertspoonful of tincture of Myrrh and twenty drops of tincture of Capsicum. Well mix.

Dose: A small teacupful taken warm a few minutes before meals three times daily.

An antacid diet is essential for the cure of Rheumatism and associated conditions. Practically live on salads, and avoid meats, sauces, condiments (bar red pepper), pastry, cake, white bread and sweets of all kinds. Fresh fruit does not always agree with rheumatic people; they are generally better when they keep to vegetables and avoid acid fruits. For local pain see index under Pain.

RINGWORM

Paraffin (perfumed if desired) should be gently massaged into the affected area morning and night. Should this treatment cause much soreness, apply sweet almond oil occasionally.

RUPTURE (See Hernia)

SCARLATINA (Scarlet Fever)

Use the medicine and *note the remarks given under Fevers*. Young children need smaller doses of the medicine : from a teaspoonful upwards according to age, the frequency of the dose being the same as for adults. Cold packs to the abdomen or to the entire trunk are helpful. Another good medicine for young sufferers is a mixture of equal parts of the fluid extracts of Catmint and Chamomile.

Dose: Three to ten drops (according to age) in a little warm water, flavoured with fruit juice, every three hours.

In most instances this recipe is the more suitable for children under ten years. Biochemic Ferr.Phos. and Kali. Mur. should be used with either medicine when obtainable. See Fevers.

At the onset of the trouble administer an enema of a pint of warm water to which has been added a teaspoonful of tincture of Pleurisy root. (Use plain water if the tincture is not obtainable). Children under ten need less water and only a few drops of the tincture. Children under five, three drops.

If the bowels are obstinate, administer a small plain enema daily.

SCIATICA

Treat as for Neuralgia. Rest is essential. When possible keep the affected leg raised: on a chair during the day, and on a pillow in bed.

SEA AND AIR SICKNESS

Here follows a list of some effective remedies :

Spearmint tea : not too strong.

Petroleum 6. (Homœopathic) : a few drops every three hours, commencing the day before the journey.

Continue with the remedy until feeling comfortable.

Chewing a piece of liquorice root will help in some cases.

Some have found homœopathic Nux. Vom. 3x., a few drops in a little cold water every few hours, an effective preventative.

The Salt of Lemon cure, as for Biliousness, is very good. See page 109.

Those who know how to relax are rarely, if ever, seasick. Do not resist the motion of the ship: put yourself in tune with it.

SEXUAL WEAKNESS (See Impotency)

SHINGLES

Take the medicine advised for Acne. Apply Eric F. W. Powell's Naturopathic Herbal Balm externally. Slippery Elm powder will also give relief when moistened and applied to the parts on clean linen.

SKIN DISEASES

Treat as for Acne.

SMALL POX

Treat as for Fevers, and give an occasional enema as suggested under Scarlatina.

SORE THROAT

A tea made by infusing a handful of common garden Sage in a pint of hot water is one of the best remedies. Add a good pinch of Cinnamon.

Dose: A dessertspoonful to a wineglassful every three hours (according to age). Sweeten with pure honey.

Tincture of Hydrastis (Golden Seal) makes an excellent throat spray, and should be used fairly frequently.

Cold packs applied to the neck (not too tightly) will be of great service. Renew the pack every hour or so.

SPERMATORRHOEA

Treat as for Impotency.

SPRAINS

Apply cold water packs, or use distilled extract of Witch Hazel for the purpose. The latter is the more effective.

STINGS (See Insect Bites)

STIFF NECK

Apply cold packs to the neck (see Sore Throat) and/or well massage the neck with Eucalyptus oil and Almond oil mixed together in equal parts.

ST. VITUS DANCE

	Mixture
Tincture of Wild Yam . . .	$\frac{1}{2}$ oz.
Tincture of Scullcap . . .	$\frac{1}{2}$ oz.
Tincture of Gentian . . .	$\frac{1}{2}$ oz.

Dose: Five to ten drops (according to age) in a little warm milk or water (well sweetened) before meals.

A non-irritating diet is necessary. Very lightly boiled new laid eggs should form the only proteid food. The very young are better on a milk and fruit diet, without eggs.

SUNSTROKE

Apply alternately hot and cold compresses to the forehead and back of the neck. Place the feet in a hot mustard foot bath, and apply moistened mustard to the pit of the stomach (upper abdomen).

The biochemic cell salts Ferr. Phos., Kali. Phos. and Nat. Mur. (3x. or 6x.) should be given in hot water in frequent sips: twelve tablets of each salt to a half tea-cupful of hot water.

SURGICAL OPERATIONS

Before going under an operation the patient should take the following medicine for at least three days :

Add three or four tablets of each of the biochemic cell salts Kali. Phos., Ferr. Phos., Mag. Phos. and Calc. Phos. (3x. or 6x.) to a cup of weak Scullcap tea. Take at regular intervals four times daily.

TEETHING TROUBLES

Dissolve four tablets of each of the biochemic cell salts Kali. Phos., Calc. Phos., Mag. Phos. and Ferr. Phos. (3x. or 6x.) and four of Calc. Fluor. 6x. or 9x. in a wine-glass of water. Give the infant a small teaspoonful every four hours.

Also gently massage the gums twice daily with honey, using the middle finger.

TONSILS (Inflamed)

Treat as for Sore Throat.

When the tonsils are much enlarged take the medicine advised for Auto-toxæmia. (Children less according to age.) Also spray the throat with tincture of Hydrastis.

TOOTHACHE

If the tooth is hollow plug it with cotton wool saturated with oil of Cloves. Bathing the face and back of the neck with very hot water will relieve in some cases; in others cold water will act better.

The cell salt Mag. Phos. 3x. taken in hot water in frequent sips will be helpful. Ferr. Phos. 3x. may also be taken to advantage.

TYPHOID

	Mixture
Tincture of Bayberry . . .	$\frac{1}{2}$ oz.
Tincture of Motherwort . . .	$\frac{1}{2}$ oz.
Tincture of Pleurisy root . . .	$\frac{1}{2}$ oz.
Tinture of Echinacea . . .	$\frac{1}{2}$ oz.
Tincture of Ginger . . .	$\frac{1}{4}$ oz.

Dose: A teaspoonful in a wineglass of hot water every three or four hours.

The medicine will be further improved if two of each of the biochemic cell salts Ferr. Phos., Kali. Mur., Kali. Sulph., Kali. Phos. and Calc. Phos. (3x. or 6x.) are added to each dose taken.

The body may be sponged down occasionally with tepid water to which a little bi-carbonate of soda has been added. If there is bleeding from the bowels administer an enema occasionally of half a pint of tepid water with a few drops of distilled extract of Witch Hazel added. (The water should be nearly cold). Fasting is essential, during which diluted fruit juices may be taken.

Flannels wrung out in hot water and sprinkled lightly with Turpentine should be applied to the abdomen every few hours.

ULCERS

Treat internally as for Auto-toxæmia.

Externally apply Eric F. W. Powell's Herbal Balm. Clay packs or Slippery Elm applications are helpful.

VACCINATION (Bad after-effects)

One or two tablets of each of the biochemic cell salts Kali. Mur., Nat. Phos. (3x. or 6x.) and Silicea 12x. in a little warm milk or water morning and night.

Another satisfactory treatment is two drops of tincture of Echinacea in sweetened milk or water morning and night for a few days. Older children three to six drops. Adults should take the recipe given under Auto-toxæmia.

VARICOCELE

Treat as for Impotency.

VARICOSE VIENS

	Mixture.
Distilled extract of Witch Hazel .	4 oz.
Tincture of Pulsatilla . . .	1 drachm.

Mix together and shake thoroughly.

Dose: Half a small teaspoonful in a little tepid water before meals three times daily.

After meals take three of each of the biochemic cell salts Calc. Phos., Ferr. Phos. (3x. or 6x.) Calc. Fluor. 8x. and Silicea 12x. in a little hot water. Sip slowly.

Wide bandages soaked in distilled extract of Witch Hazel may be worn day and/or night over the affected limbs. Do not bind on too tightly. Morning and night the limbs should be massaged upwards over the course of the veins. A skin-friction brush is useful for this purpose.

VOICE (Loss of Voice)

Treat as for Catarrh, and spray throat occasionally with tincture of Hydrastis.

Another method of treatment consists of moistening the thumb and covering it with powdered Borax; press the Borax on the back of the roof of the mouth; let it remain there for as long as possible without moving the tongue; when the saliva runs allow it to trickle out of the mouth into a receptacle; after a while the remaining Borax may be swallowed. A little Borax may also be placed on the tongue, where it should remain for as long as possible (as above) before swallowing. Administer the Borax treatment several times daily.

Public speakers should try the Borax treatment before lecturing.

VOMITING

Spearmint tea is the best remedy. If due to poisoning, consult a doctor.

WARTS

These have been cured by applying the homœopathic *mother* tincture of Thuja on a little cotton wool three times daily. Internally take six drops of homœopathic tincture of Thuja 6x. in a little cold water morning and night.

WHOOPIING COUGH

	Mixture
Tincture of Wild Thyme	$\frac{1}{2}$ oz.
Tincture of Vervain	$\frac{1}{2}$ oz.
Tincture of Violet leaves	1 oz.
Tincture of Sundew	1 drachm.

Dose: Two to five drops (according to age) in a little sweetened water every four hours.

Another excellent recipe is :

Chestnut leaves	2 oz.
Vervain	1 oz.
Lobelia herb	$\frac{1}{2}$ oz.

Steep in boiling water for twenty minutes. Strain. Add two pounds of pure honey.

Dose: One teaspoonful every hour, or more frequently if cough is troublesome.

Linseed tea with a little honey and ginger added is the best beverage for the child.

The best time to feed is immediately after a fit of coughing.

Well rub the chest and back with Olive and Eucalyptus oils mixed together in equal parts. Warm the oils before use.

A sniff of Turpentine will often ward off a coughing spasm. A saucer with a little Turpentine in it should be placed in the room.

WORMS

Take about sixty fresh inner seeds of the Pumpkin and a small teaspoonful of the fluid extract of Male Fern. (Children less according to age). Well mix together in hot milk and take the whole as a gruel before retiring. Take another dose first thing on rising and follow it with a dose of Epsom salts of sufficient size to move the bowels freely. The gruel may be sweetened with pure honey.

Sufferers from worms should take the biochemic cell salt Nat. Phos. 3x.

Dose: Two to six tablets (according to age) in a little hot water before meals three times daily. Should be taken in addition to the Pumpkin gruel in order to sweeten the system.

It is claimed that the coconut will expel worms, especially in children. Get fresh coconut and shred it up (old, dry nut is useless). Give a small plateful for breakfast every morning for three successive mornings, and no other food. During the day feed as usual. Each night give a good dose of some laxative.

NOTES ON THE RECIPES

Experience has demonstrated that in many instances the juices and tinctures from *fresh* herbs act much better than preparations from the dried plants. However, it is very difficult, and frequently impossible, to obtain fresh plants or fresh tinctures; for this reason the recipes have been especially chosen from plants that give ample healing virtues when administered in dry form, unless stated otherwise.

Should the freshly gathered herbs be used, one half of the given quantity of each plant is required; e.g. where one ounce of a dried herb or root is indicated, half an ounce or even less of the fresh herb or root will be sufficient.

Tinctures or fluid extracts of herbs have been advised instead of herbal teas in many instances, for the reason that in such cases they are more easily prepared and appear to act better. If desired, fluid extracts may take the place of *any* herbal tea. To give an example of the remedy for Acidity: in fluid extract form it would read:

Mixture

Fluid extract of Meadowsweet	. 1 oz.
Fluid extract of Dandelion	. $\frac{1}{2}$ oz.
Fluid extract of Peppermint	. $\frac{1}{4}$ oz.
Fluid extract of Liquorice	. $\frac{1}{4}$ oz.

Dose: One teaspoonful in a small teacup of warm or cold water about fifteen minutes before meals three times daily.

When fluid extracts are not obtainable, tinctures may be used, in which case the dose should be about half as much again to each cup of water. Where tinctures are mentioned do not substitute fluid extracts, as the latter may prove too strong in some cases.

As a general rule the dose of a recipe made up from fluid extracts is about one teaspoonful in hot or cold water; children less, according to age.

For those who wish to avoid the need for mixing and handling liquid remedies it is possible to obtain most of these prescriptions in Tablet form. These are just as efficacious and will be found far more convenient. The dosage in this case will be tablets instead of liquid dosage as directed.

CHAPTER EIGHT

REMEDIES OF ALL AGES

(Valuable Hints and Recipes)

(1) MAGICAL SALIVA

The saliva from one's own mouth is a highly complex biological substance possessing unique healing properties. For countless ages saliva mixed with clean clay has been used as an ointment. Jesus annointed the eyes of a man with saliva and clay, and restored his sight. Many people have discovered that there is nothing to equal one's own saliva as an application for stings and bites.

The lower animals lick their sores and wounds, indicating that they use their saliva instinctively for curative purposes. I have several records of ulcers and skin sores that have been cured with the patient's own saliva when other means have failed.

Simply select a little clean clay (white, yellow or red) and make a paste by mixing saliva with it. Apply immediately and renew every few hours.

(2) CLAY

As sufficient saliva cannot be obtained to make a poultice to cover a large area, rain or soft water may be used instead. Clay packs were used by the Magi, and have been employed successfully down through the ages.

Moistened clay applied on clean linen will remove internal congestion. There can hardly be a better external remedy for some skin diseases, and a clay poultice will often cure speedily when every other means fail. Clay is rich in vital chemicals and salts; hence its healing virtues. Clay packs and poultices may be used over any area where there is pain and congestion without any possible harm resulting.

(3) IRISH MOSS

A tea made by infusing a little Irish Moss in hot water forms one of the finest possible curative beverages. The Moss is rich in cell salts and natural Iodine, and its continued use will help to regenerate the entire system, including the glands.

Anæmic people and the physically exhausted should use Irish Moss tea as a daily beverage. May be taken freely by all.

(4) REJUVENATING BRAN TEA

Bran tea is a most helpful beverage, especially for backward children, invalids and those suffering from a lack of mineral salts. Pour a pint of boiling water over two tablespoonsful of clean Wheat Bran. Let stand for half an hour. Strain. Take a cupful when desired. It may be flavoured with pure Honey and Lemon.

Makes vital blood, aid the nerves and promotes glandular activity.

(5) POTATO CURE

Mashed *raw* potato forms a wonderful healing poultice for sores and septic wounds. I have saved the amputation of a finger by this simple means. Also good for sore, inflamed eyes if placed over the closed eyes and kept on all night. Do not bind on too tightly.

(6) SUPERB TONIC WINE

To a pint of good quality Sherry add one ounce of fluid extract of Avena Sativa and half an ounce of fluid extract of Gentian. A small wineglass may be taken two or three times daily.

(7) THE ENEMA

The use of the enema for internal cleansing purposes is

a very old idea; the system is employed by the storks who use their long bills for the purpose. As pointed out in this book, the lower bowel may become a poison factory, and in all cases of internal uncleanness the enema should be resorted to. A fast is far more effective when large enemas are employed fairly frequently. Everybody is better for an occasional enema.

(8) EXANTHEMATIC NEEDLE TREATMENT

Observers have noticed that when the elephant is ill he will seek out a certain tropical thorn bush and roll in it. The large thorns penetrate his hide. The animal then extracts the thorns with his trunk, and later breaks out into pustules which discharge large quantities of poisonous pus. This auto-treatment rids his system of the poisons responsible for his ailment.

The ancients used the thorns of this bush for treating human beings with amazing results. In these modern times the oil, which is responsible for the discharge of the poison, is extracted from the thorns, and is applied to the body of the sufferer over artificially created pores. A disc of special needles is used for this purpose. The treatment is practically painless (the pricks are hardly felt) and the results are most pleasing. Such a treatment rejuvenates and should be taken every seven years. I have administered dozens of such treatments with success. The oil used is perfectly harmless, but the exanthematic treatment (as it is called) should only be administered by a trained specialist.

(9) HIGH BLOOD PRESSURE

Three most effective remedies that have produced some amazing cures are Vegetable Charcoal, pure Honey and Garlic. Sufferers should take two or three Vegetable Charcoal tablets in a tumbler of hot water half an hour after meals; plenty of pure Honey on their bread (avoiding commercial sugar, jams, etc.), and a clove of Garlic

in their salad daily. These remedies sweeten the system, remove the deposits from the arteries and make them elastic.

(10) SKIM MILK POWDER AS A FOOD

This is one of the best body building foods, being especially good for nervous people. It forms the main ingredient of several expensive health foods on the market, yet it can be purchased in bulk very cheaply from most grocers. Skim milk powder is milk in powder form, free from water and fat, but rich in all the vital body-building salts; it is very easily digested. Just mix a tablespoonful in a tumbler of warm milk or water and take at any time as a beverage.

(11) INTERNAL HEALING BALM (Slippery Elm)

Authorities disagree about many things, but they are unanimous in saying that *Ulmus Fulva* (known as Slippery Elm, or Red Elm) is positively the finest food-remedy that can be taken when inflammation exists within the organism.

A remarkable thing about *Ulmus Fulva* is that it combines such pronounced curative virtues with high nourishing values. It is as sustaining as good oatmeal, counteracts acidity, soothes the membranes of the stomach and intestines and removes the causes of inflamed organic states. No better food can be taken when there are stomach and duodenal ulcers. In fact, its nourishing and amazingly potent healing properties are carried throughout the entire system; all organs, including kidneys and bladder, benefit. In no sense can it be termed a drug; it heals because it supplies to the system those subtle elements which build healthy tissues and membranes, while it literally soothes away irritating substances.

Tests covering a great number of years have proved it acceptable to the weakest stomach, and it has been digested when no other food could be tolerated, thus proving its agreeableness to the disordered and inflamed organism. I, personally, have known many cases of stomach and digestive trouble of many years' standing removed by a diet of Slippery Elm. The most obstinate ulcers have cleared up and the strength of nerves and muscles restored to normal. This truly natural food-remedy also aids the digestion of other foods.

There are several good foods on the market composed of Slippery Elm mixed with other substances, including flour. Many of these foods, good though they are, would be even better if more Elm were used and less of the admixtures. *Ulmus Fulva* is a complete, wholemeal product in itself, and acts better when not over-adulterated with other substances. To combine it with coarse ingredients is not wise, as irritating substances such as whole bran undo the value of the soothing virtues of the Elm.

After much research work I perfected my own Slippery Elm food, known for some years as "NUTRABALM." This superior food-remedy consists of the finest Elm the world produces especially ground and mixed with suitable substances biochemically related to each other. It also possesses a minute quantity of natural iodine. There is positively no finer food-remedy: it acts as a healing balm to the internal organs.

(12) WATER CURES

Water is one of the most ancient of all agents used for the eradication of disease and invigoration of the body. Many of the races of antiquity gave water spiritual as well as physical virtues, and they made laws compelling bathing. Where the individual was lazy, and cared not for his morning tub, wise leaders made the daily ablution a religious act; so the lazy one, fearful of the Invisible, had his wash and received benefit in spite of himself. Undoubtedly, much of the physical vigour demonstrated

by some of the early peoples on our planet was due to their liberal use of cold water. However, hot water also has its uses, and is sometimes preferable to cold. Nature provides hot springs and lakes, and native tribes know how to use them medically.

Water, hot or cold, can be used by all people, and there are very few agents so capable of producing cleansing and healing processes as is this simple element which covers the greater part of our home in space. It is almost as important as air and sunlight.

(13) FRICTION BATHS (See "The Other Lung" and "Vitalizing the Skin" in chapter four)

(14) HEAD BATHING

Bathing and/or massaging the scalp vigorously with cold water every night before retiring will have startling effects in some cases of physical weakness and mental tiredness. The brain is the great power centre of the body and the mainspring of all action, hence anything that stimulates the brain naturally will benefit the entire organism. I have records of neurasthenics who have derived enormous benefit from a nightly head bathe with cold water. Simply dip the head in very cold water for a minute or so, or massage the water into the scalp with the finger tips. Dry thoroughly. When run-down some years ago I held my head under the cold water tap for a minute every night for a week or two with decided benefit.

(15) SEA WATER BATHS

Sea water baths are excellent for their tonic effects, and all weakly people would benefit if two or three handfuls of sea salt were added to their baths. All chemists supply it at cheap rates. Take the baths warm or cold. Such baths help nervous and rheumatic complaints and varicose veins. A strong sea water foot bath is also most helpful for the feet.

(16) SITZ-BATHS

Alternate hot and cold sitz-baths (sit baths) are ideal for congestion in the pelvis: for generative trouble and sluggish bowels. They are best taken at night.

Have two small baths of water: one cold and the other hot. The depth of the water should only be a few inches. Sit in the hot for three minutes and then in the cold for one minute, the feet over the side and not in the water. Repeat four to six times and finish off with the cold. Dry thoroughly.

A single hot sitz-bath is very helpful in female troubles, and may be taken several times daily.

(17) SPINAL PACKS

Hot spinal packs are useful in nervous disorders. They help to induce relaxation and to promote sleep. The entire body is benefited.

Fold two small towels lengthways to cover the whole of the spine. Wring out one towel in very hot water (as hot as the patient can stand) and apply to the spine; cover with a blanket and let it remain in position for about a minute. Then replace it with the other hot towel which must be ready to go on immediately. Repeat the operation about six times. Rub a little warm Olive oil into the spine to complete the treatment.

(18) FOOT BATHS

Hot foot baths are good for colds, coughs, debility, nervousness, headaches, circulatory troubles and for deafness. The feet are valuable servants that are not given sufficient attention. They are usually cramped and maltreated from childhood, whereas they should receive as much care as any other part of the body. Foot baths are improved by adding a few drops of oil of Eucalyptus to the water. Mustard foot baths are also excellent. In rheumatic troubles add a teaspoonful of Flowers of Sulphur to the water. After the bath well massage a little

sweet Almond oil into the feet and toes, thoroughly manipulating same.

(19) COLD PACKS

Cold water packs to cover the entire trunk, or the abdomen only, are most useful in all feverish conditions and complaints. Congestions are relieved and sweating is promoted, thus assisting Nature to eliminate the morbid materials responsible for the illness.

Always administer a cold pack in a warm room, well ventilated. A small sheet is wrung out in cold water and folded double. The patient is wrapped carefully in the wet sheet, and this is covered with a dry blanket. The pack should reach from the armpits to the hips. The more weakly the patient the more dry covering is needed. Very weak people should have an abdominal pack only. In winter place a hot water bottle to the feet, and two more on either side of the patient. Feeble patients may require one or two hot bottles even in the summer. Cover the bed with a waterproof sheet before giving treatment.

A pack may remain on for one to three hours according to the patient's comfort. If he goes to sleep it is sometimes advisable to let the pack remain on until he wakes. The patient will sweat freely. If he does not sweat within half an hour, remove the pack and rub the body with warm Olive oil. One to three packs may be given every twenty-four hours, according to the patient's condition.

(20) CHAMOMILE FOMENTATIONS

Chamomile is soothing, sedative, draws out inflammation and promotes healing. An infusion of the flowers (a small handful to a pint of boiling water) is most useful in all inflamed and painful conditions, and may be used in place of plain hot water fomentations. Make up sufficient for each occasion according to requirements. The flowers, together with an equal part of Wheat Bran, make an excellent poultice when mixed together with hot water

and spread on linen. May be used for Neuralgia, Sciatica, Inflammation, Bronchitis, Pneumonia, etc. Renew every hour.

(21) HOT FOMENTATIONS

Have received attention under various headings in the previous chapter.

(22) A TONIC SUBSTITUTE FOR ORDINARY BEVERAGES

	Mixture
Fluid extract Hops . . .	2 oz.
Fluid extract Avena Sativa .	2 oz.
Fluid extract Dandelion . .	2 oz.
Fluid extract Raspberry leaves	2 oz.
Tincture Capsicum . . .	$\frac{1}{2}$ drachm.

Add one teaspoonful of the mixture to a cup of hot water and take at any time in place of the usual beverages. May be sweetened with honey or flavoured with fruit juices or Liguorice extract.

This ideal tonic-beverage will tone the whole system, promote sleep, aid the nerves, improve the appetite and lengthen life.

(23) FOOT MASSAGE

Experience has proved to me that thorough massage of the feet will help to induce restful sleep and give tone to the bodily organs. The science known as Zone Therapy claims to relieve and cure all manner of physical weaknesses and disorders by means of a special deep massage of the feet. Best done at night, and after a hot mustard foot bath; although this is not essential.

(24) RECTAL INJECTION

(For auto-intoxication, nervous and circulatory disorders, colitis, and bowel complaints)

Mixture

Fluid extract Comfrey . . .	1 oz.
Fluid extract Avena Sativa . . .	1 oz.
Fluid extract Echinacea . . .	1 oz.
Tincture Myrrh	1 oz.
Fluid extract Valerian . . .	1 oz.
Tincture Capsicum	1 drachm.

Mix one teaspoonful with two ounces of warm water; place in a rectal injection bulb; inject and retain for as long as possible. Should be used nightly for some weeks.

(25) ACIDITY AND RHEUMATISM

Wash and grate up raw potatoes (the skin to remain on). Press out the juice. Take a wineglassful two or three times daily. Flavour with fruit juice or Liquorice extract if desired. The best way to extract the juice is to use a vegetable press.

Raw potato juice is one of the finest remedies known to rid the system of acids. Helpful in gout.

(26) A REMEDY FOR WOUNDS, BRUISES, ETC.

Make a compress with Castor oil and apply every few hours. The oil draws out the inflammation and aids the healing processes.

(27) FALLING HAIR

Olive oil and Eucalyptus oil mixed together in equal parts will prove an excellent oil for falling hair and baldness. Massage into the scalp morning and night.

(28) THE WONDERFUL DANDELION

Dandelion roots are rich in elements most valuable to the blood and digestive organs. Use the fresh juice in water as a beverage, or use the extract. Add the young leaves to salads.

(29) NUTRITIVE PASTE

Mix one part of Eric F. W. Powell's Nutrabalm Food with three or more parts of best honey. Spread on whole-meal bread and butter. Ideal for growing children and invalids.

(30) INFANTS' STOMACH TROUBLES

To every tablespoonful of the fresh juice from tomatoes add one of sugar. Boil to a syrup.

Dose: Half a teaspoonful (or more) every few hours, or between feeds.

(31) FIG REMEDY FOR CARBUNCLES AND BOILS

Open good figs and boil in fresh milk for a few minutes. Whilst hot place on the boil or sore. Renew every two or three hours. A most effective remedy.

(32) LUNG TROUBLES

Place the twigs and leaves of Pine trees on hot coals in a bucket. Inhale the fumes. A remedy of the North American Indians for lung troubles, coughs, etc.

(33) ACID STOMACH

A little Oatmeal soaked in hot water over night and eaten before breakfast is a great help. Masticate thoroughly. Sufferers from acidity should take Olive oil after meals. Chewing Liquorice root is also effective.

(34) PLANTAIN LEAVES FOR BURNS, ETC.

Fresh Plantain leaves, bruised and made into a poultice with fresh cream, will heal burns, sores, swollen joints and ulcers.

(35) COMPLEXION

Scented paraffin is an excellent complexion oil. Almond oil is also ideal.

Rub the skin with pieces of Cucumber until the latter is dry and the skin feels oily. Do this daily for a month.

(36) BLACK RADISH

The Black Radish contains natural carbolic acid which cannot be substituted by any chemical compound. It is of high value in all kidney, bladder and skin troubles, eliminating pain first and slowly cleansing the system of sediments. Good for gall stones.

Grate the radish fine; mix with pure Virgin Olive Oil. Take about one tablespoonful before the first meal of the day, continuing for five weeks. In severe cases you can take it three times a day, always about twenty minutes before meals.

Olive Oil does not agree with some temperaments. In that case boil it for about half an hour, which removes most of the resin in the oil.

(37) ALCOHOL RUBS

The feeble and exhausted will derive much benefit from Alcohol body rubs. Saturate cotton wool with best Surgical Methylated Spirit and rub over the body for a minute or so. Brings a feeling of buoyancy. A rub may be given once or twice daily.

(38) LIQUORICE, SWEETS

Plain liquorice sweets or "cakes" are very good for children and adults, as liquorice is effective in cases of stomach acidity and digestive weakness. It is also gently laxative.

(39) NERVOUS DYSPEPSIA

Equal parts of Whey and Lemon juice shaken together will arrest nervous troubles and cure indigestion. Take a tablespoonful every three hours for several days.

(40) EYE TROUBLES

Weak eyes will be strengthened greatly and the sight improved by bathing them with early morning Dew. Treat for a month. This is a very ancient remedy, and there is not anything better.

A weak infusion of Cloves is ideal for eye ulcers and inflammation. (Pour half-pint of boiling water over six Cloves. Let stand for an hour. Use in an eye bath.)

(41) PROLAPSED AND INFLAMED UTERUS

Mix Slippery Elm into a thick paste with water. Make into a thick "finger" and push into position. Renew every night.

(42) HEART AND VALVE TROUBLES

Fresh Apple juice with a dash of Nutmeg and a small pinch of Salt added to each small tumblerful taken, is ideal as a heart strengthener. Take two or three times daily. The same beverage with five drops of fluid extract of Cascara added to each tumblerful will help take away the period pains of women and aid generally.

(43) PILES

Apply freshly bruised Plantain leaves and bind in position. Renew morning and night. Applications of distilled extract of Witch Hazel are excellent.

(44) JOINT SWELLINGS

Apply the yolk of a fresh Egg on clean linen and bind in position. Renew every few hours.

(45) TONSIL AND THROAT AFFECTIONS

Apply external compresses of warm Olive oil to the affected parts. Do not bind on too tightly.

(46) WORMS

Children should take two cloves of Garlic boiled in a cupful of milk sweetened with honey. A cupful at night before retiring will often prove effective.

Grated carrots with a sprinkle of Anise seed are good for worms. Take once daily.

(47) WHEAT—THE PERFECT FOOD

A little Wheat (the entire berry) is sufficient to supply the wants of the human body, for Wheat is a perfect food. One method is to boil Wheat for three hours or more over a slow fire, and then mash it through a colander. A heaping tablespoonful constitutes a complete meal—a point well worth remembering by poor people. *A Wheat dish for six to eight persons, costing only a few coppers:*

$\frac{1}{4}$ lb. Wheat.
 3 Tomatoes (skinned)
 2 Onions
 1 Egg
 Olive oil
 Seasoning to taste.

Soak Wheat overnight in one quart of water. In the morning put Wheat with water into a pan and boil for two hours. While cooking add one deserts spoonful of Olive oil. When cooked add Tomatoes and Onions (finely chopped) with Seasoning. Lastly beat in the Egg. Grease a baking dish with butter and place the mixture into it. Bake in a hot oven for a quarter of an hour.

Note: One may fry Tomatoes and Onions with Seasoning in a little butter and then add to Wheat, if preferred that way.

(48) INFLAMED AND ULCERATED
STOMACH, INDIGESTION

Purchase some Gum Arabic (Acacia) in powder form. Dissolve a heaped teaspoonful in a tumbler of hot water and take a few minutes before meals three times daily. Harmless and very effective when there is nervous dyspepsia, delayed digestion, inflamed stomach and ulceration. Has cured many cases when other means have failed.

LEMON AND SALT

(49) ASTHMA

Take half a teaspoonful of Lemon juice before each meal and before retiring.

(50) BILIOUSNESS

Add a teaspoonful of common Salt to the juice of two Lemons. Well mix.

Dose: A teaspoonful every few minutes until better.

(51) BURNS.

Moistened Salt, if applied to burns in time, will prevent blistering.

(52) COLDS AND COUGHS

Roast a Lemon until it begins to crack open. Take a tablespoonful of the juice, with a little brown sugar or honey added, before meals and before retiring.

(53) CORNS

A slice of Lemon placed over a corn and allowed to remain on all night, seldom fails to remove it.

(54) COLIC

A teaspoonful of salt added to a half teacupful of cold water, taken at the commencement of the attack, is a most effective remedy.

(55) FELON

Treat the same way as for a Corn. The treatment brings the trouble to the surface when it can be removed with a clean pen-knife.

(56) HEART-BURN

Treat as for Biliousness. Wonderfully effective.

(57) INDIGESTION

Treat as for Biliousness.

(58) INFLUENZA

Take hot Lemonade until you perspire freely.

(59) LIVER TROUBLE

Treat as for Biliousness.

(60) SORE THROAT

Gargle the throat with Lemon juice and warm water in equal parts, and add a pinch of Salt.

Never be without Lemons; they have so many uses.

Lemon juice as an ingredient of salad dressing is both healthier and more delicate in flavour than vinegar.

Half a Lemon dipped in salt and rubbed on a chilblain is a quick cure. The same remedy is effectual for sore feet. A quarter of a Lemon, in which four Cloves have been inserted, will give an excellent flavour to soup.

(61) HOT SALT PACKS

Heat sufficient common salt in the oven or over the fire, and fill a flannel bag. Place the salt bag (as hot as can be borne) over painful area (sciatica, neuritis, rheumatic affections); cover with a blanket and allow to remain for at least an hour. Good also for face-ache.

(62) TOOTH POWDER

Much harm is done by chemical tooth powders and pastes. The finest possible cleanser is powdered Vegetable Charcoal. Use a soft brush: hard brushes injure the gums. A little Orris root may be added to the Charcoal to scent it.

(63) MAXIMS

Do not sleep in a draught.

Sleep in a well-ventilated room.

Do not go to bed with cold feet.

Keep your bowels regular by diet and exercise, using the enema or some herbal medicine when necessary.

Do not stuff a cold, or you will have to starve a fever.

Never eat unless hungry: unnecessary food poisons you.

•Never sleep in the same undergarments you wear during the day.

Sleep with your head to the North if possible.

(64) BASIC TONICS

The following tonics are especially suitable for the three basic types of human beings, and are calculated to aid in keeping the basic organs healthy and active. For full information respecting *basic diagnosis* see Eric Powell's book "BALANCE."*

* C. W. Daniel Co.

PHYSICAL BASE

	Mixture
Fluid extract Dandelion . . .	2 oz.
Fluid extract Barberry . . .	2 oz.
Fluid extract Red Clover . . .	2 oz.

SPIRITUAL BASE

	Mixture
Fluid extract Uva-ursi . . .	2 oz.
Fluid extract Juniper . . .	2 oz.
Fluid extract Valerian . . .	2 oz.

INTELLECTUAL BASE

	Mixture
Fluid extract Coltsfoot . . .	2 oz.
Fluid extract Golden Seal . . .	2 oz.
Fluid extract Horehound . . .	2 oz.

The dose in each case is a teaspoonful in hot water before or after meals three times daily. Take for twenty-one days every Spring and Autumn.

(65) REJUVENATING GRAPE FOOD

Wash ripe green grapes and place them in a saucepan with sufficient water to cover. Bring to the boil and simmer gently for half an hour. Pass the pulp and juice through a very fine sieve.

This forms one of the best foods for re-building a depleted system; it makes new and healthy blood and vitalizes the entire organism.

Take a small cupful *hot* three times daily before or after meals. In pronounced cases of mental and physical exhaustion take a cup every two hours during the day for three weeks, and no other food. Must be taken hot. Ideal for all ages. Should it cause the bowels to act too freely, take not quite so hot, and add a minute pinch of Cinnamon.

(66) A LONG AND HEALTHY LIFE

To enjoy a healthy old age :

1. Perform breathing exercises daily.
2. Take a walk before breakfast.
3. Eat plenty of PURE Honey on Wholemeal Bread.
4. Take two or three Vegetable Charcoal tablets after each meal.
5. Take plenty of Bran Tea as a beverage, flavoured with Honey, Lemon or Marmite.
6. Have a good salad daily.
7. Well masticate all food.
8. Clean your teeth twice daily with powdered Vegetable Charcoal.
9. Before retiring take a cup of Irish Moss tea, or Nutrabalm Food.
10. Think health ! Be happy ! Be active !

(67) CHOKING FITS

Raise the *left* arm as high as possible over the head, and the obstruction responsible for the choking spasm will pass downwards. This is better than thumping the back. Children should be taught to do this so that they can relieve themselves speedily without other aid.

CHAPTER NINE

EXERCISE

LIFE is movement; it is activity, progress. Stagnation is death. Continual movement of all the cells, muscles and fluids of the body is essential to a state of radiant health, for without movement all the organs of the anatomy would gradually become useless and decay. Everybody knows that the muscles of the arms can be made stronger by exercising them, and what is true of the arms is also true of all muscles ; exercise strengthens and keeps them healthy.

If you held your arm over your head for a long period of time it would become very puny and finally lifeless. The same is true of the internal organs and muscles of the organism (organs are made of muscles): unless they are used as Nature intended they should be, they will become weak, sluggish and practically worthless. The stomach, for example, is a muscular organ: you suffer from indigestion and take patent medicines to help your stomach and to digest your food; continue with the drugs for some time and you find you cannot do without them. The reason for this is that because of the medicine the stomach has but little work to do, and the less it has to do the less it will do; eventually it becomes very sluggish and unless drugs are taken the digestion of food becomes practically impossible. The same applies in constipation: the cure comes by toning and strengthening the intestines so that they can perform their work properly; purgatives, if taken for any

If you want to get well you can do so in almost every case. If you would be without health you must deliberately shut it out, and that is what hosts of chronic sufferers are doing continually.

The sedentary worker should always take exercise to keep his muscles, both internal and external, in order. Even the manual worker should indulge in some exercise, for his work brings into play only certain sets of muscles, while scientific exercise affects all muscles, especially the important internal ones which keep the organs active and healthy.

Most outdoor games are a healthy form of exercise. Tennis, football, golf and cricket all help to keep the muscular and nervous systems in order. Such sports are in themselves sufficient for some people, but I maintain that a few minutes devoted each day to curative exercise should be taken in addition to any sport in which you may indulge.

Health is not a matter of size of body or of big muscles ; it is a matter of proper balance of both mind and body, the main thing in both being quality.

Exercise helps to keep your body pure within. It stimulates your organs, makes you disease-proof and lengthens your life.

CURATIVE EXERCISES.

HEAD

Sit on a stool in a comfortable position, relaxed but upright, with shoulders back.

- (1) Bend the head backwards as far as possible and then bring it forward letting the chin drop on the chest. Then clasp the hands at the back of the head and strain the head down on the chest until it hurts you slightly. Remove the hands and bend the head backwards again and repeat the performance.

IT IS IMPORTANT TO HOLD THE HEAD LOOSELY AND TO LET IT FALL BY VIRTUE OF ITS OWN WEIGHT.

- (2) Let the head fall over to the shoulders, first to the right and then to the left. Do not bring the shoulders

- up to meet the head, just let the head fall as far as possible, keeping the neck muscles perfectly relaxed.
- (3) Rotate the head, first round to the right for about twelve turns and then to the left for twelve turns. If this makes you dizzy make the turns slowly until you improve. Keep the neck muscles perfectly relaxed and endeavour to describe as wide a circle with each turn as possible.
 - (4) Keep the head upright with chin in and turn it sharply to the right so that the chin is over the shoulder (or as far as you can) and then to the left. (All head exercises should be repeated six to twelve times.)

TRUNK EXERCISES

- (1) Lie down on the back in a perfectly relaxed position. The bend forward and touch the toes, stretching forward as far as possible. Return to the first position. Repeat six to twelve times.
- (2) From the same position bring the feet over the head six to twelve times.
- (3) From the same position draw the knees to the trunk and then kick out with both feet at a ball or bundle of old clothes (real or imaginary) which should be suspended at the foot of the bed about a foot above the toes and within easy reach of them. Kick out for a few times and take a rest when tired. This is an excellent exercise.
- (4) Stand perfectly upright in a relaxed condition; chest up and chin in. Breathe deeply for a few seconds and then raise the hands over the head. Bend the body forward from the hips and try to touch the toes without bending the knees, and return to the standing position. Repeat several times until a little tired.
- (5) From the same standing position, keeping the hands by the side, bend the body sideways, first to the right and then to the left as far as possible. Do not bend

- the body forward, only to the side, keeping the shoulders back. Repeat several times.
- (6) From the standing position, with feet wide apart and arms held limply at shoulder height and to the side, swing the body round from side to side as far as possible. Swing from the hips, keeping the feet firmly planted on the ground. Do not make the movement stiffly, just hold yourself relaxed and throw the body from side to side, allowing the arms to swing loosely.
 - (7) From the above position place the hands on the hips and endeavour to describe a circle with the whole trunk, making movement from the hips. Move round to the right for a few times and then to the left.

RELAXING EXERCISES WHICH IMPROVE ALL GLANDULAR FUNCTION.

- (1) Sit or stand relaxed and upright.
The hands hang by the sides.
Keep the hands perfectly relaxed and cause them to shake loosely. Concentration is required but very little muscular effort. Some will find it better to do one hand at a time. Shake each hand (as though it did not belong to you) for three minutes, or as long as you can.
This is an exercise very few will do correctly at first, but practice makes perfect. The value of these simple movements cannot be over-emphasized.
- (2) Move the arms slowly up and down to the front and then to the side as high as the head, shaking the hands loosely, as above, all the time. Do this for three minutes, or for as long as possible without fatigue.

IMPORTANT POINTS TO REMEMBER

Always do breathing exercises first thing on rising and follow with other exercises.
When possible perform most of your exercises rhythmic-

ally to music (e.g. gramophone). Waltz tunes are ideal. Do your exercises cheerfully; they will do you twice as much good if you do.

Do not grumble at the few minutes' time required for health exercises. Remember that health has to be attained by effort: by PERSONAL EFFORT. A few minutes of your time spent in health-getting is far better than years of misery. If health is worth while, then, like all other treasures it is well worth a little effort in acquiring. If you really want to get well you will DO YOUR BEST, and a person's BEST is a great deal.

Do not overdo any form of exercise. Really, there is no strict rule as to how many times any movement should be performed; the best plan is to exercise until you are just a little tired. As you improve you may gradually increase the number of movements.

Sharp walking is splendid for health; every muscle and cell is brought into play when you walk with a swinging stride; in fact, it is possible literally to *walk away* many of your ailments.

CHAPTER TEN

AS A MAN THINKETH

THINK HEALTH ! BE HAPPY ! BE ACTIVE !

It is no exaggeration to say that *everything thinkable is possible*. To the man who limits himself every task is difficult, but to he who realises his unlimited potentialities, thinking is an entertaining art, and the practical application of all thought comes within the realm of the possible. I have already pointed out the vast resources stored up in the human mind: the *problem* of life is to know how to use and apply them, while the *purpose* of life is to demonstrate the divine in matter—in things of a material nature.

To be healthy and successful you must be both thoughtful and joyfully active. Everything begins with thought; even the universe is the materialised thought of the Infinite. However, it is not enough to think ; you have to stir yourself, put your thought into activity and turn your idealism into realism. The object of all thought is to produce satisfaction to the thinker, and the best way to begin is to make yourself a little more satisfied with your body and become more acquainted with yourself and with your abilities.

THE PHYSICAL FOUNDATION

A prominent editor of a leading newspaper said recently that you cannot have both brain and brawn, and that muscles are developed only at the expenses of mental

power. This statement is entirely without foundation. While it is true in many instances that certain clever men have poor physiques, it is equally true that some of the cleverest of men have normal bodies. It is also true that the man with abnormal muscular development is not as a rule "brainy," but very few people have a desire to possess the body of a Hercules.

I also know many men who *could* be clever, but their brains are slow owing to the fact that their physical bodies are weak; their circulation is poor and their nerve and brain cells partly starved, hence their brains cannot function as they would do if the physical functions of their organisms were normal. The fact is this: *a brilliant mind will function better in a healthy body, and a healthy, normal body is the finest instrument for an active mind.* The ideal state is one of balance between mind and body, therefore you should make it your business to pay serious attention to promoting physical efficiency, thus helping your mental processes and having at the same time a responsive bodily machine at your command.

STUDY AND APPLICATION

It is necessary to study and to understand the fundamentals of any science before it can be put into practice, but all the study in the world without the ability to apply it practically is useless. The object of all study should be the ultimate ability to apply it on your own behalf and on behalf of others. *Life is neither all work, nor all play; it is the application of common sense and the use and practice of everything elevating, uplifting and inspiring.* All human beings are born with an equal number of brain cells; all possess the gifts and propensities, the powers and the talents of perfection; yet to realise them you have to use thought and be prepared to apply them actively. Acquire all the knowledge you possibly can, but never let much learn-

ing dull your wits and blind your powers of reason and deduction. Use common sense and at all costs retain your ability to sift the good from the bad and the useful from the useless. Practice makes perfect, and no matter how much talent you may have, continual practice is essential in order to apply your gift effectively. The most gifted musician needs persistent practice; so does the born sculptor and the physician. The latter needs to study the human body and gain a knowledge of anatomy and physiology; but even so, that knowledge does not make of him a healer; he needs both knowledge and *understanding* of human beings, and he must be able to apply both if he is to heal and restore the sick. In most instances his personal magnetism, psychic insight and natural gifts will prove of greater value than his training, important though the latter is.

Encyclopædic knowledge is praiseworthy when it does not cloud your thinking capacity. Such knowledge is superficial, and may even hide much ignorance under a garment of technicality. All studies come within the range of *memory*, therefore learning is nothing but memorising and is independent of thinking. To think, deduct and reason means more than the ability to memorise. *What is needed is more conscious, individual thought and the ability to apply that thought in a thoroughly practical manner. Applied thought leads to success, while failure is due to a lack of understanding and neglect to apply knowledge gained.*

THOUGHT IN ACTION

In many instances one of the main factors associated with an inferiority complex is a lack of any definite aim in life. I have also found this mental condition in nearly all cases of neurasthenia and profound depression. Another cause is the utter unsuitability of the individual to his work or profession. Place such individuals in work of their own choosing where they can

put their creative talent into operation and have purpose behind their activities, and they lose their complexes, their tiredness and their physical illnesses. A state of body indicates a state of mind, and there is no better way of improving many physical states than by manipulating circumstances so that *creative thought* can be given full powers of expression.

What is life without an objective? Merely a dreary existence. If you are unwell and unhappy, try and change your job; or, failing that, take up some creative hobby. Many of the finest inventions have been the work of man in his spare time, and many fortunes have been made in this manner. I realise all too well of the social and economic difficulties to be faced, but you must try and regard such difficulties in the same manner as the weight-lifter regards his bar-bell; it is by virtue of the weight of the bar-bell and the resistance it offers to his muscles that he develops his physique. Similarly, you must let obstacles and opposition serve but to sharpen your wits. Regard every stumbling block as a stepping stone to success; make up your mind what you want to do, hold the thought and be active.

VISUALISE SUCCESS

Picture in your mental vision the sort of person you want to be, then marshal your talents and go ahead confident of success. Do not for one moment entertain the thought of failure, but keep your mind fixed on the goal to which you are heading. Much will depend on the clarity of the picture you have made in your mind, and in order to make this picture clear you need to be able to concentrate. The breathing exercises outlined in this book will do more to improve your concentration than any other known method, so be wise and begin at the beginning. Breath is life; breath gives vigour; breath illuminates mind!

Make a three or five year plan for yourself and visualise exactly what you want to attain by the end

of that time; go forward with a will and what you desire will come to you. Remember always, however, that *the improvement of self must be the basis upon which future progress will be made.*

It is a great thing to be independent, but no man can be truly independent until he is master of his own being, and until self-mastery has been attained it will not be an easy task to master environment and circumstances. William Blake said: "It is my business to create—I must create a system for myself, or else be a slave to some other man's." That very practical American philosopher, Elbert Hubbard, said:

"Whenever you go out of doors, draw the chin in, carry the crown of the head high and fill the lungs to the utmost; drink in the sunshine; greet your friends with a smile, and put soul into every hand-clasp. Do not fear being misunderstood, and never waste a minute thinking about your enemies. Try to fix firmly in your mind what you would like to do, and then, without violence of direction, you will move straight to the goal. Keep your mind on the great and splendid things you would like to do; and then, as the days go by, you will find yourself unconsciously seizing upon the opportunities that are required for the fulfilment of your desire, just as the coral insect takes from the running tide the elements it needs. Picture in your mind the able, earnest, useful person you desire to be, and the thought you hold is hourly transforming you into that particular individual. Thought is supreme. Preserve a right mental attitude—the attitude of courage, frankness and good cheer. To think rightly is to create. All things come through desire, and every sincere prayer is answered. We become like that on which our hearts are fixed."

"The supreme prayer of my heart is not to be learned, rich, famous, powerful, or even 'good,' but simply to be radiant. I desire to radiate health, cheerfulness, calm courage and good-will. I wish to live without hate, whim, jealousy, envy, fear. I wish to be simple, honest,

frank, natural, clean in mind and clean in body, unaffected—to say ‘I do not know,’ if it be so, and meet all men on an absolute equality—to face any obstacle and meet every difficulty unabashed and unafraid. I wish others to live their lives, too—up to their highest, fullest and best. To that end I pray that I may never meddle, interfere, dictate, give advice that is not wanted, or assist when my services are not needed. If I can help people, I’ll do it by giving them a chance to help themselves; and if I can uplift or inspire, let it be by example, inference and suggestion, rather than by injunction and dictation. That is to say, I desire to be radiant—to RADIATE LIFE !”

HAPPY ACTIVITY

I have frequently observed that people fail to carry out their plans to success because they do not set about them in the right spirit. Every task must be a joy or it will prove to be a thousand times more difficult. Many people try to walk toward success as though they were going to a funeral, and, of course, they fail. Happiness is a magnetic quality: it attracts its like and paves the way for greater and easier progress in all the affairs of life. To the world at large your face is the poster that advertises your goods: it either attracts or it repels. Enthusiasm and happiness are companions always; you cannot imagine enthusiasm and misery resident in the same heart and mind.

All growth is positive, while disease and failure are negative. Nobody *grows* old: you change negatively and become old. The human body is in a constant state of change: you are continually changing, and no single cell in your body will be exactly the same to-morrow as it is to-day. It is a law of Nature that this continual change must go on, and if you have to change, why not make that process one for the better instead of for the worse? It can be done, and creative thought is the mainspring that will set the machinery operating in the right direction. Do not bemoan your

fate and regard yourself less fortunate or less capable than your neighbour; the man with toothache thinks everyone happy who has sound teeth, but this is not so: all have their difficulties, and what is possible for one to accomplish can be done by all if they will set their minds to the task.

THE IMPOSSIBLE

Somebody said that it could not be done,
 But he with a chuckle replied,
 "May be it can't but I will not be one
 To say so until I have tried."
 So he buckled right in with a big hearty grin,
 If he had the least doubt he sure hid it;
 He started to sing as he tackled the thing
 That couldn't be done, *and he did it.*

HAVE FAITH

It is said that "Faith can remove mountains." It can. But what is faith? Faith does not mean you have to sit and dream, and expect the Infinite to shower blessings upon you. Faith means strength, willingness, tenacity, determination; it means confidence in God, in yourself as the instrument of God, in the greatness of the present and in the vastness of the future. Look into your own being and therein *see the evidence of things unseen*, and realise that by applied thought (works) desire will blossom into reality, for "with God all things are possible."

By growth the small acorn becomes the oak and the brown bulb the daffodil; by the same process of growth you can attain all your desires, for within you lies the seed of absolute greatness. How does the acorn grow? It grows because it keeps to the law; because it *must* grow. It cannot fret, nor can it resist the peaceful, persistent operations of the law of Nature; the thought of the perfected oak tree lies in its shell and that

thought expresses itself gradually but surely. Within you is the seed of all your hopes and ambitions; do not resist its growth, but water it with healthy desire and see to it that it grows in vigorous soil; have more faith in your possibilities and do with your might what your hands find to do, joyfully and with anticipation.

"To look fearlessly upon Life; to accept the laws of Nature, not with meek resignation, but as her sons who dare to search and question; to have peace and confidence within our souls—these are the beliefs that make for happiness."

Maeterlinck.

"To Life, the force behind Man, *intellect is a necessity*, because without it he blunders into death. Just as Life, after ages of struggle, evolved that wonderful bodily organ the eye, so that the living organism could see where it was going and what was coming to help or threaten it, and thus avoid a thousand dangers that formerly slew it, so it is evolving to-day a mind's eye that shall see, not the physical world, but the purpose of Life, and thereby enable the individual to work for that purpose."

George Bernard Shaw.

STEPS TO SELF-MASTERY, HEALTH AND SUCCESS

1. Breath control, and deep, rhythmic breathing.
2. Thorough mastication.
3. Sensible dieting and occasional cleansing fasts.
4. Control of the body and its appetites.
5. Healthy sport, exercise and hard work.
6. Mental poise, concentration and determination.
7. The habit of being happy.

In order to keep these pages within the limits of a popularly priced brochure, I have to write "FINISH." I do so conscious of the fact that I have left unsaid much of importance that could have been told. Yet my object has been achieved if I have roused you to self-action and made you desire to reach out after more health and a brighter life. I have deliberately refrained from "packing," and have tried to make all my arguments in a brief, punchy style in order that the average reader might not be wearied. My wish is that you may prove for yourself that Life is more than riches, and that radiant well-being will come to all those who desire it intensely enough to work for it.

IMPORTANT NOTE

The remedies recommended in this book should be of the highest quality and obtained from a reputable supplier.

Note: The Naturopathic Herbal Balm mentioned in this book has been replaced by a revised formula. It is now called NEUBALM and is obtainable for 3s. 6d. post free from :-

Vitakemic Health Company
Wayside, Grayshott, Hindhead, Surrey

Nutrabalm Food is no longer obtainable.

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